









12 NEW RESTAURANTS.

Experience a new level of dining now open at Mall of the Emirates. Treat your palate to exquisite flavours with a selection of handcrafted dishes at the new expansion on level 2.

JASMINE BANDALI EDITOR, GOURMET



e've had such a lot going on this month! From a Hershey's Halloween bake-off that saw eight stressed bakers feverishly creating cakes live at the Miele Gallery to a fantastic new grape and cheese paired evening at Cave at the Conrad Dubai, Gourmet has had an amazing time being out and about, meeting everyone and indulging, as always, in some fabulous food! Check out all our behind the scenes coverage on pages 78 and 80!

October marks Breast Cancer Awareness month, a cause that is very close to my heart, especially having lost my aunt, mentor and best friend to this terrible disease in 2013, which is a loss from which I don't think I will ever fully recover. In an ode to all the strong women out there and in a celebration of femininity, our hands have been busy in the kitchen prepping all sorts of beautiful pink delights for you to enjoy, perfect for a fabulous soiree with friends. Check them out on page 56.

The biggest celebration this month however is Halloween, so indulge your inner freak and if you're planning on hosting a party, Chef Spencer Black at Vida Hotels and Resorts has concocted a themed menu of yummy dishes to wow your guests.

Until November, stay delicious!

Jasmine



At this time of year, the entire world goes crazy for this veg, celebs included! A whole host of A-listers congregate at LA's local pumpkin patch, Mr. Bones annually to pick up several varieties of this seasonal favourite. If you're going to follow sut and don't know what to do with all that orangey goodness once you've carved your lanters, we have a whole host of dishes for you to try your hand at, from falafels to shepherd's pie. Check them out on page 46!





SERENDIPITY 3 HITS THE UAE

One of the most exciting developments is the news that the renowned New York eatery will hit our shores in December! Famous in its own right, which got an additional boost of popularity when featured in one of my favourite flicks of all time, Serendipity, I can't wait to recreate the romance with my hubby over their signature Frrrozen hot chocolate! Check out why this place is hot on page 30!

FOLLOW US ON:



/AhlanGourmet



@GourmetUAE



@GourmetUAE



GourmetUAE

Inside October 2015



S NEWS

Spooky treats and places to head for a fantastic time this Halloween

12 NEW OPENING: MARINA SOCIAL

The famous international concept makes its Dubai debut

14 OLD FAVOURITE: PIER CHIC

The UAE's most romantic restaurant

16 MEALS WITH MALOUF

The Michelin-starred chef dishes up his meal of the month

17 MY FAVOURITE DISH

Chef Wittaya Tongsodsaen from Toshi shows us how to create his favourite recipe

18 HOW TO MAKE: TOFFEE APPLES

A Halloween treat that the whole family

20 3 WAYS WITH... **CARDAMOM**

A fragrant aromatic that will transform your dishes

23 IN SEASON: SPINACH

Get lean and strong with this green super-veg

30 THE BUZZ

Serendipity 3 has come to town and boy, we're excited!

32 SEASIDE SNACKS

Beach bites from doughnuts to fish and chips, ice cream and more!

38 INGREDIENT IN FOCUS

Ever cooked a banana blossom? We find out what it is and how to cook it

42 MINI MOMENTS

Get personal with your food, made in bite-size portions

46 SMASHING **PUMPKINS**

Make the most of this autumnal vegetable

50 SIMPLY SPOOK-TACULAR

A Halloween spread that's ghoulish-ious!

56 THINK PINK

Embrace your femininity with these blush bites







60 KEEP IT SIMPLE

Delicious dishes made from just two or three ingredients

62 REALEATSTICALLY **SPEAKING**

Want to know what a Cosmo Editor-in-Chief really eats?

64 INSTAFOOD

What the celebs have been munching on this month

66 KITCHEN CHIC

Usher in the season with warm touches for your kitchen

68 HEALTH BITES

Top food trends you need in your life right now

71 CULINARY ESCAPES: BEIRUT

Lebanese cuisine at its finest

78 HERSHEY'S PINK **HALLOWEEN**

Behind the scenes at Gourmet's Hershey's Pink Halloween Bake-Off

80 MEAT THE CHEESE

The new grape and fromage offering at Cave

\$2 COMPETITION

Win a night out at Claw for six!



À la carte options and Family Style Dinners to create a memorable experience

AED 195 for a selection of traditional Asian dishes with a modern twist

AED 225 includes an upgraded array of choices

AED 375 with a wide selection of delicacies including four hours of unlimited selected beverages

Open from 7pm – 11:30pm

Asian Style Saturday Brunch!

AED 195 with unlimited options of carefully crafted dishes bursting with authentic flavors **AED 375** includes four hours of free flow

Open from 12pm - 4pm

Happy Hours

5pm - 7pm and 10:30pm - 1am

Early Bird Promotion

5pm - 7.30pm

❖ 25% discount ❖ A complimentary glass of brew or grape ❖ Kids under 6 eat for free

Be rewarded for being

Children Policy Applies



You are the Centre of Our World

For reservation or more information

- T +971 4 429 9999
- E fbreservations.gmhd@millenniumhotels.com www.grandmillenniumdubai.com

Like us on facebook and follow us on Instagram to get rewarded





toshi.grandmillennium



Gourmet Conversions

Gourmet uses metric measurements in its recipes. Here's a simple guide to convert them if needed

LIOUID MEASUREMENTS (APPROX): Metric **Imperial** 5ml 1 tsp n/a ½ tbsp 15_ml 1 tbsp 1/2 fl oz 3 tsp 1 fl oz 1/8 cup, 6 tsp 30ml 2 tbsp 60ml 2 fl oz 4 tbsp 1/4 cup 80ml ⅓ cup 2 3/3 fl oz 5 tbsp + 1 tsp120ml ½ cup 4 fl oz 8 tbsp 160ml ²/₃ cup 5 1/3 fl oz 10 tbsp + 2 tsp6 fl oz 175ml 34 cup 12 tbsp 7 fl oz 205ml ⅓ cup 14 tbsp 235ml 8 fl oz/ 1/2 pint 1 cup 16 tbsp 475ml 2 cups 16 fl oz/ 1 pint 32 tbsp 32 floz 1 quart 945ml 4 cups

DRY WEIGHT MEASUREMENTS (APPROX):			LENGTH	
Metric	Imperial			Metric
Imperial				
28.35g	1 oz	_	6mm	¼ inch
55g	2 oz	1/8 lb	1.27cm	½ inch
85g	3 oz	_	2.54cm	1 inch
125g	4 oz	1/4 lb		
240g	8 oz	½ lb		
375g	12 oz	3/4 lb		
454g	16 oz	1 lb		
907g	32 oz	2 lb		

gourmet

ITP PUBLISHING GROUP

EGISTERED AT DUBAI MEDIA CI PO BOX 500024, DUBAI, UAE. TEL: +971 4 444 3000 FAX: +971 4 444 3030 WEBSITE: WWW.AHLANLIVE.COM

CEO ITP PUBLISHING Walid Akawi MANAGING DIRECTOR Neil Davies

ITP CONSUMER PUBLISHING

MANAGING DIRECTOR Ali Akawi DEPUTY MANAGING DIRECTOR Alia Fawad

EDITORIAL

EDITORIAL EDITOR Jasmine Bandali DESIGNER Zoe Cairns CONTRIBUTING WRITERS Samantha Wood, Carrie Buckle CONTRIBUTOR Drew Jones

PHOTOGRAPHY

DIRECTOR OF PHOTOGRAPHY Patrick Littlejohn SENIOR PHOTOGRAPHERS Rajesh Raghav, Efraim Evidor, Richard Hall STAFF PHOTOGRAPHERS Lester Apuntar, Aasiya Jagadeesh, Ajith Narendra, Ruel Pableo, Ausra Osipaviciute, Ethan Mann, Grace Guino, Fritz Asuro, Sharon Haridas

ADVERTISING
GROUP COMMERCIAL DIRECTOR Vidhya Thiagarajan ADVERTISING DIRECTOR Agnela Fernandes SENIOR ADVERTISING MANAGER Rabab Hasan SALES MANAGER Sophie Ryley T: +971 4 444 3344 M: +971 52 667 1210

MARKETING AND CIRCULATION

CIRCULATION MANAGER Vanessa Deo RETAIL MANAGER Praveen Nair

PRODUCTION & DISTRIBUTION

GROUP PRODUCTION & DISTRIBUTION DIRECTOR Kyle Smith PRODUCTION MANAGER Denny Kollannoor PRODUCTION CO-ORDINATOR Balasubramanian IMAGE EDITOR Nikhil Asok DISTRIBUTION EXECUTIVE Nada Al Alami

ITP GROUP

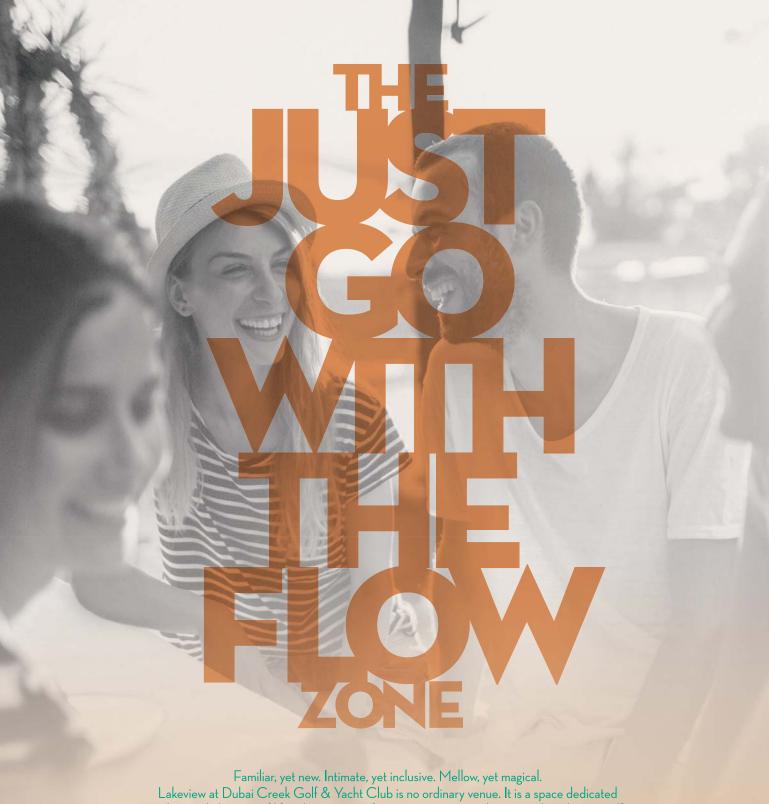
CHAIRMAN Andrew Neil MANAGING DIRECTOR Robert Serafin CHIEF FINANCIAL OFFICER Toby Jay Spencer-Davies BOARD OF DIRECTORS Walid Akawi, Neil Davies, Mary Serafin, Rob Corder



Published by and © 2015 ITP Consumer Publishing
A division of ITP Publishing Group Ltd,
registered in the British Virgin Islands Co. No. 1402846

The publishers regret that they cannot accept liability for error or omissions contained in The publication, however caused. The opinions and views contained in this publication, however caused. The opinions and views contained in this publication are not necessarily those of the publishers. Readers are advised to seek specialist advice before acting on information contained in this publication which is provided for general use and may not be appropriate for the reader's particular circumstances. The ownership of trademarks is acknowledged. No part of this publication or any part of the contents thereof may be reproduced, stored in a retrieval system or transmitted in any form without the permission of the publishers in writing. An exemption is hereby granted for extracts used for the purpose of fair review

Printed by United Printing Press LLC, Abu Dhabi



to the simple luxuries of life, where you can forget your worries and cares, and just be yourself. Drop in any evening of the week to enjoy our innovative theme night offerings, at just AED 245 per person inclusive of food and selected house beverages.







PUS

HOTTEST HAPPENINGS ON PLANET FOOD THIS MONTH

Halloween happenings

HAUNTED EMPORIUM AT RIVA

For those who take this night of the year very seriously, the beach club offers a fun family affair that includes a set menu of scary treats for grownups including witches brew, black ravioli in blood sauce, slow braised beef ribs and a graveyard cake, while little ones will have their own ghostly inspired main dishes to tuck into. Don your best fancy dress costumes for the opportunity to win some fabulous surprises on the night! INFO: From Dhs225 for adults, Dhs65 for kids, 7pm onwards, 31 Oct, Building 8, The Shoreline Palm Jumeirah Dubai, 04 430 9466, www.riva-beach.com



DAY OF THE DEAD AT POCO LOCO

In Mexico, Halloween is a famous festivity called Dia de los Muertos, which translates as Day of the Dead, intended to be a time of reflection and celebration. Going the authentic way, Poco Loco are laying on an inspired set menu which includes dishes such as quesadilla rustica, Patagonian toothfish and tres leches for dessert. INFO: Dhs185, from 6pm, Sat 31 Oct, Jumeirah Beach Residence, 055 100 0864,

SAVAGE BEAUTY AT OKKU

Every year, the Japanese restaurant hosts an epic Halloween party. This year, they'll be transforming their OKKU L.O.V.E Sunday event into a glamorous theatrical venue, decked out in the best of Edwardian and Victorian finery as part of their 'Savage Beauty' theme, in celebration of romanticism and the appreciation of beauty. The party officially kicks off at midnight, perfect for the night owls of the city. INFO: 7pm-3am, Sunday 1 Nov, The H Dubai, 04 501 8777, reservations@okkudubai.com







TWISTED ANGELS AT CIELO SKY LOUNGE

Set to be a party like no other, this rooftop party venue will be serving up a selection of spooky cocktails alongside a menu of trick or treats. There are surprises galore, so come dressed in your best outfit and get ready to dance the night away as resident DJs Michael Karrera and Consoul, stir up a storm of freakishly good tracks to keep the party going right into the early hours. INFO: 8pm-3am, Sat 31 Oct, Dubai Creek Golf and Yacht Club, 04 416 1800, www.cielodubai.com



HOUSE OF HORROR AT YALUMBA

For the brunch bunch, there's a spooky offer in store with a themed feast and especially concocted brews and potions on offer to get you in the mood, plus, if you come spooktacularly dressed for the occasion, you could walk away with a bottle of the best witches bubbles. INFO: Dhs499, 12.30pm-3.30pm (brunch), 3.30pm-7pm (happy hour), Fri 30 Oct, Le Meridien Dubai, Airport Road, 04 702 2328, www. lemeridien-dubai.com



will make your mouth water! From sweet spider nests to ghost s'mores, your child's party can be catered for at the click of a mouse! INFO: From Dhs10, www.sugarmoo.com



SPOOKY TREATS FROM MAGNOLIA

The famed US bakery are going all out, with a huge selection of goodies to mark the celebrations, from Halloween and Boo cupcakes to larger confections that are sure to impress your quests. INFO: Available to order for delivery from 29 Oct-31 Oct, The Beach, JBR, 04 276 7034, The Dubai Mall 04 350 5440, The Galleria, Abu Dhabi 02 674 9380, www.magnoliabakery.com



Editor's **Wish List**

Here's what I'm excited about this month



THEME NIGHTS AT CHANNELS

I love being able to explore global flavours every night of the week, so Channels' theme nights are right up my street. My favourite is the English and Indian fusion night every Sunday, which serves up fragrant curries and comforting pies in equal measure, but with sushi on Mondays, Mexican on Tuesdays and aromatic Thai cuisine to end the week, I'm a little spoilt for choice! INFO: Dhs185, 7pm-11.30pm daily, Media Rotana Dubai, 04 435 0201, fb.media@rotana.com



PANTRY CAFÉ GOES PINK

Breast cancer awareness is a cause very close to my heart, having lost my aunt to this terrible disease, so I'm loving this blush menu from the neighbourhood eatery which includes dishes such as fettuccini in spicy pink sauce and Moroccan beetroot salad. Plus anyone dining there and wearing a pink ribbon will also get a coffee on the house. INFO: 7.30am-10pm Sun-Thu, 8.30am-11pm Fri-Sat, Hadeega Street, Jumeirah, 04 388 3868 or 8am-5pm Sun-Thu, 9am-6pm Fri-Sat, Bay Square, Business Bay, 04 558 7161, www.pantrycafe.me



NEW MENU AT THE FARM

The eclectic eatery have introduced a diverse new all-day menu that ranges from gluten-free coconut pancakes for brekkie to a massive selection of Thai specialities, and comforting dishes of steak and fish and chips, that make me want to just sit there all day long! INFO: 7.30am-10.30pm daily, Al Barari Villas, Emirates Road, 04 392 5660, info@thefarmdubai.com



INSIDER DINER

RESTAURANT GURU SAMANTHA WOOD OF FOODIVA.NET SERVES UP THE LATEST ON THE UAE'S DINING SCENE



A TASTE OF ITALY

Continuing this month's Mediterranean theme, Sicilia, the Italian trattoria at Movenpick Hotel Ibn Battuta Gate is not a new kid on the block, but a regular haunt of mine and Dubai's Italian community. Known for a consistently excellent mix of traditional and modern dishes from across Italy's 20 regions (not just Sicily), must-eats are the charcuterie platter, Parma and rocket pizza, grilled sea bass baked in a sea salt crust, and the mammoth Milanese breaded veal escalope. For a sweet ending. don't miss the different textures of lemon. INFO: 12.30pm-2.30pm and 7pm-11pm daily, Movenpick Hotel Ibn Battuta Gate, Dubai, 04 444 5613, dine.ibnbattuta@moevenpick.com, www.moevenpick-hotels.com



A NEW LOOK AND NEW MENU FOR BICE MARE

The Italian seafood restaurant overlooking the fountains at Souk Al Bahar, Bice Mare, has reopened following an extensive three-month refurbishment. The new pristine look still boasts the same white and cobalt blue colour theme, but the layout is vastly different with a bar as the centrepiece, a glassfronted kitchen and banquettes making for a more intimate and interactive experience. The menu has also been revitalised with many new Italian 'slow food' ingredients flown in exclusively as a result of executive chef Francesco Guarracino's culinary journey across seven of Italy's 20 regions this summer - a trip I was honoured to join. Some of the more unusual ingredients you will find on the menu are Sicily's original red Mazara prawns and buffalo milk yoghurt from Le Marche famed for its lower fat content than cow's milk. INFO: 12noon-11.30pm daily, 3rd floor, Souk Al Bahar, Downtown Dubai, 04 423 0982, www. bicemare.com

A SLICE OF SANTORINI IN DUBAI

I love discovering a new restaurant that immediately takes my breath away because of its no-frills simplicity and charm. In this case it's partly down to a degree of surprise given the obscure and contrasting urban location in JLT, hidden behind the Armada Bay hotel. The décor is all powdered stone walls, flowing arches and geometric tile flooring, with rustic, white-washed taverna chairs and blue-striped cushioned banquettes. Cutlery sits casually in a bucket on the table. Mythos Kouzina and Grill is a new Greek restaurant developed by the folks behind long-standing success story, Elia, in Bur Dubai. Although the last I heard it wasn't yet licensed, rumour has it that it's en-route apparently. In the meantime, expect traditional, authentic dishes with a menu of starters, salads, 'kouzina' aka classic kitchen dishes, grills, 'souvlaki' kebabs, and desserts. INFO: 12.30pm-5pm and 7pm-11pm daily, Cluster P, JLT (connected to the Armada Bay hotel), Dubai, 04 399 8166, www.mythoskouzina.com



A BARBECUE BRUNCH WITH BEACH CLUB DAY PASS AT FAIRMONT, THE PALM

Say goodbye to the weekend in style with the new beach barbecue brunch at Seagrill on 25 Restaurant and Lounge. Kicking off on Saturday 10 October and every Saturday thereafter until the end of March 2016, bring your best swimsuit for a day lounging by the pool or on the pristine beach, while dining on delicious barbecued delicacies and selected drinks all day long. INFO: 12noon-4pm, Dhs295 including soft drinks, Dhs395 including grape, hops and cocktails, Dhs495 including sparkling grape, hops and cocktails (all prices include all-day beach pass), Palm Jumeirah, 04 457 3388, www.fairmont.com/palm-dubai

Gourmet have teamed up with Fairmont, The Palm to offer two readers the opportunity to experience this awesome brunch with a friend! All you have to do is log on to www.ahlanlive.com/competitions/details/8366 and answer three easy questions for your chance to win!



New SIGNATURE PANCAKES

New! Banana Pudding Pancakes

Our signature buttermilk pancakes topped with banana cream filling, mini wafer cookies, fresh banana slices, whipped topping and powdered sugar.

New! Blueberry Peach Cobbler Pancakes

A delicious stack of buttermilk pancakes covered with blueberries and peaches, topped with granola, honey roasted pecan crumbles and a scoop of vanilla ice cream.

Blueberry Peach Cobbler Pancakes

Banana Pudding Pancakes

Limited Time Only!

Jumeirah Beach Residence, The Walk Mall of the Emirates The Dubai Mall Customer Service: 800 74292 (SHAYA)





New opening

Marina Social

Michelin-starred chef Jason Atherton brings a taste of Brit-Mediterranean tapas bites to Dubai

hen we arrive early on a Saturday evening, the restaurant is already relatively full and, as we are ushered to a table next to the floor-to-ceiling windows offering us a spectacular view of the twinkling lights of Dubai Marina, we overhear a lady announcing to her table that this in the new 'in' place to eat in Dubai. We're not ones to be taken in by the hype, but despite our extremely high (and in some cases overly-critical) standards, we have to admit that so far, the breathtaking spectacle that will be

the backdrop for our meal is certainly an amazing one. We sincerely hope that the food follows suit. Although we're told that there will be no music during our visit due to the mourning period, the atmosphere remains elevated and we're surprised that it doesn't affect the ambience at all.

Although the venue boasts an understated chic, decked out with simplistic wooden settings, dimmed lights and crisp napkins that immediately make you feel at home, its classic elegance is juxtaposed by a massive open kitchen of bustling chefs energetically creating each dish with meticulous precision and enviable flair.

Given that the sharing concept remains prevalent and on-trend, it's hardly surprising that Marina Social should follow suit, given its achingly cool demeanour. However, what we are not expecting is tea and toast. English breakfast tea and toast? As signature a dish as it may be, we have to admit that this does not excite us in the least. However, when the teapot arrives filled with a creamy mushroom soup topped with Parmesan foam and accompanied with gentleman's relish, we have to admit that this Alice in Wonderland type whimsical starter is certainly a pleasure for the palate that we would be happy to eat all night, setting the precedent for the exciting culinary journey ahead.

Following a beautifully seasoned plate of stuffed Italian beef tomatoes with burrata and 25-year-aged balsamic vinegar, we move on to mains of Victoria lamb loin with a herb crust and whole smoked Boston lobster, served in a wooden box that releases a charred aroma when its opened to reveal succulent barbecued seafood that's just





MARINA SOCIAL'S SMOKED **LOBSTER WITH LEMON BUTTER SAUCE AND CHERVIL**

SERVES 2

INGREDIENTS

500g lobster

1 carrot

1 leek

1 celery

1 onion

1 thyme sprig TO SMOKE

Heavy duty pan

Aluminium foil

Wire cooling rack

200g-300g smoking chips FOR THE LEMON BUTTER SAUCE

250ml white wine or fish stock

50ml lemon juice

1/2 tsp white peppercorns

125g unsalted butter

50ml double cream

TO GARNISH

A large pinch of chervil

METHOD

1 Roughly dice all the vegetables and place in a pan of salted water. Bring to

- 2 Blanch the lobster by placing in the pan for 3 minutes, then remove and plunge straight into iced water until cold.
- Once cold, remove the claws and leg from the body for presentation.
- Halve the lobster down the middle.
- Remove all the meat from the shell, and clean the shell for presentation.
- Place the heavy-duty pan on the stove with the smoking chips over a medium heat until they start to release a lot of smoke. Place the shell on a wire cooling rack over the smoke. Wrap with foil and leave in a warm place for 1 hour.
- Meanwhile, make the sauce. Reduce the white wine or fish stock, lemon juice, shallots and peppercorns by two thirds.
- Add 40ml of cream to the reduction and bring to the boil slowly.
- Slowly whisk in the diced butter until it has emulsified. Taste and season with more lemon juice or salt if required.
- **10** Slice the tail and claws into 3-4cm pieces, and return to the smoked shell.
- 11 Place the filled shell in a shallow pan with 100ml water. Cover with aluminium foil and heat over a medium heat until the foil starts to puff up. Remove from the heat and finish the with warm lemon butter sauce and a sprinkling of chervil.

"Succulent barbecued seafood, begging to be devoured in its entirety"

begging to be devoured in its entirety, with accompanying generous forkfuls of warm potato salad.

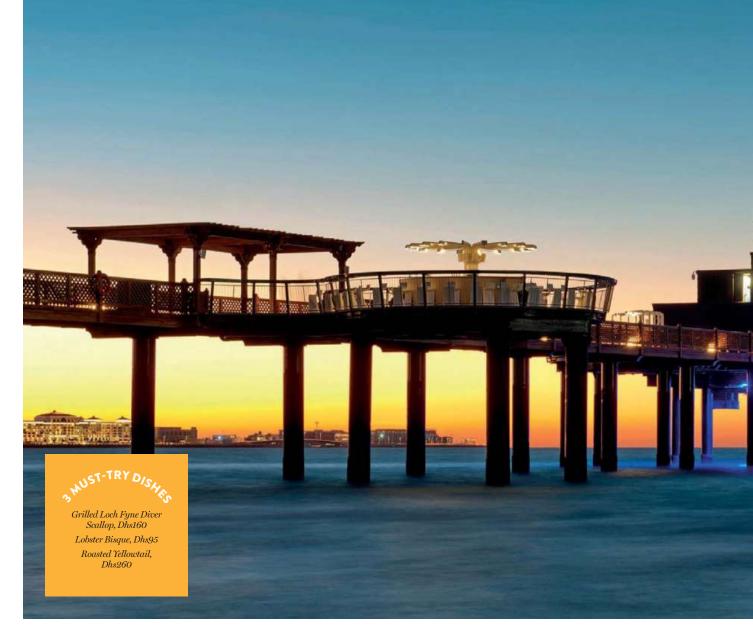
Suitably full by this point, we mull over whether we should skip dessert. However, the allure of sweet-corn-flavoured ice cream with a crunchy popcorn topping, aka 'Mr Whippy' proves to be too tempting to resist, so we decide to share. It is the

perfect blend of textures and sweetness to end the meal on a high note.

Although Dubai has seen quite a few British-Mediterranean sharing concepts pop up in recent years, Marina Social appears to set the bar a little higher and we'd have to agree with the lady we overheard in the beginning, who clearly has great taste! Don't think of this the new kid on the block, but the more seasoned professional who's here to show you how it's done.

INFO: 6pm-12midnight daily, InterContinental Dubai Marina, 04 446 6664, info@marinasocialdubai.com, marinasocialdubai.com g





Old Favourite

Pierchic

For that super something special with your significant other, this is the epitome of romantic fine dining

ype is a funny thing. All too quickly it can galvanise the reputation of a restaurant with little more credibility than the whim of an excellently skilled publicrelations professional. Since living in Dubai, Pierchic has always enjoyed a more understated reputation, being demurely, yet assuredly, referred to as one of the best, if not the best restaurant in town.

The beauty of its setting is undeniable

and even the long-term residents of Dubai might find themselves snapping away on their camera as they enjoy the unique views of the Burj Al Arab and walk over the lapping waves to this seafood paradise. A 2014 makeover of Pierchic has transformed the space with stunning sophistication into a venue that appears more Mediterranean Michelin star than standard Dubai fine dining.

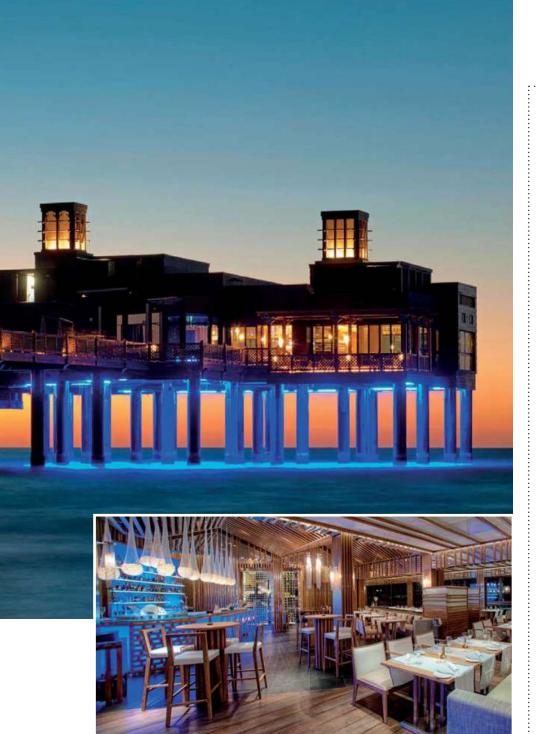
The décor is simple yet refined and beautifully understated - even the 15 custom-made Swarovski crystal-filled fishing net chandeliers that hang over the bar, conjuring up visions of floating exotic jellyfish, are a natural piece of the soft and elegant atmosphere.

After an utterly moreish salmon amuse bouche, whose fragrant notes heralded some of the skill we were about to experience, our appetites were sated and ready. Obviously it was impossible to pick just two starters, so in the end we settled for several and prepared to loosen our waistbands (ultra-difficult in a fancy restaurant, I might add). We open with oysters - trying each of the types on offer (Kelly, Tsarskaya and Gillardeau), which resulted in the destruction of my long-held assumption that all oysters are created equal.

Next up was the seared foie gras, accompanied with a fennel cream and marinated blackberries and an adventurous test of the wagyu beef

"This is more Mediterranean Michelin-star than standard Dubai"

'tonnato' - an acquired taste at the best of times but inventively combined here with bonito flakes and Italian frisee. The standout winner though was the grilled sea scallop; generously sized and flavourfully inspired by its tapioca pearl, vanilla and bergamot butter pairing.



Luckily, the waiter insisted we include the lobster bisque, which put up a surprisingly valiant fight to be my personal favourite dish of the night. A rich, creamy and fluffy soup was elevated even further by the most melt-in-the-mouth lobster dumplings I have ever encountered. Each mini morsel was simply irresistible and is absolutely unmissable for any future visits.

Ambitiously, we opt for the lobster Thermidor for mains, perhaps a little too large for one, with sides of green and white asparagus, hen-of-the-woods mushrooms and the creamiest truffle mash. My other half goes with the chef's recommendation of roasted yellowtail,

which is utterly delicious and quite the inspired creation. The meatiness of the yellowtail, imported from Japan, more than holds its own to create a powerful flavour combination with apple, celery root, miso and black truffle.

I don't think I could recommend this establishment more highly. It might be on the pricey side of fine dining, but it quite simply sets the seafood standard. No self-respecting Dubai resident should miss it, so skip a couple of brunches and indulge - we promise you won't regret it. INFO: 12.30pm-3pm and 6.30pm-11.30pm daily, Madinat Jumeirah, 04 366 5866, pierchic@jumeirah.com





hatever the location – be it the balcony of your apartment block, a beachside umbrella or a rug under a tree in a park - there is nothing to beat the liberating experience of eating in the open air. I think it's something to do with the way all one's senses are sharpened: there's the warmth of the sun on one's shoulders, the sound of singing cicadas, the grassy scents... they all conspire to intensify the flavours of the meal. I love the informality of it all, and the way that food passed hand to hand from a large platter encourages a sense of sharing and friendship.

Perfect Picnicking

It's time to alleviate the cabin fever that set in over the long summer and head outdoors for some sun and air. Greg Malouf offers his vision for what you should have in your picnic basket when you get there.

Some of my most memorable eating has been done outdoors. I have recollections of childhood scenes of long, lazy Christmas Day lunches under the grapevine in my parent's Melbourne garden, or of pre-dawn fishing excursions with my brother off the Bellarine Peninsula, scoffing packets of crisps and soggy sandwiches washed down with hot, sweet tea from a flask - each meal perfect in its own way.

Whatever the weather and location, a

"Picnic food must be easy to transport and eat, so plan ahead!"

carefully thought-out menu is the key. Above all, the food must be easy to transport and easy to eat. And this, as is so often the case with cooking, means planning ahead! Do most of the preparation beforehand, so that

any need for on-site slicing and portioning is minimal. And choose finger food, which needs nothing in the way of cutlery or plates as long as there's a big stack of serviettes.

The dishes I'm suggesting are inspired by the Persians, some of the world's greatest picnickers. They fulfill the brief of being easy to cook and eat, visually enticing and full of bold flavours. For a central dish, there's a mound of saffron-yoghurt marinated chicken wing kebabs that you can pre-bake in the oven and eat cold, or grill or barbecue at your destination. Enjoy with cherry tomatoes and flatbreads (warmed on the barbecue too), bundles of fresh herbs, chunks of creamy feta and, instead of salad, offer baby cos lettuce leaves with a tangy and refreshing apple-mint dressing for dipping. Add a piece of cheese if you want, and finish with fresh fruit - watermelon would be my choice and perhaps squares of good (shop-bought) chocolate brownies or little meringues as a final sweet treat.

JOOHEH KEBAB (SAFFRON-YOGHURT MARINATED CHICKEN WINGS)

Marinated chicken wings are irresistible baked or barbecued. The yoghurt in this marinade helps to tenderise the meat, and it adds a faint, but delectable tang

INGREDIENTS

12 free-range chicken wings, tips removed 20 saffron threads (soaked in 2 tbsp boiling water for an hour before use) 1 clove garlic 1 tsp sea salt 3 tbsp olive oil 120g thick natural yoghurt The juice of 1 lime Grated zest of 1/2 an orange 1/2 tsp freshly ground black FOR BABY COS WEDGES WITH APPLE VINEGAR-MINT DRESSING 3 baby cos lettuces, cut into wedges 175g caster sugar

80ml apple vinegar The juice of ½ a lemon 12 sprigs mint TO SERVE Flatbreads, grilled baby tomatoes, lemon wedges, fresh herbs and feta

M ETHOD

- 1 For the dressing, combine the sugar and water in a small heavy-based saucepan over a low heat until the sugar dissolves, then simmer for 10 minutes.
- 2 Add the vinegar, lemon juice and mint leaves and simmer for 5 minutes. Remove from the heat and allow to cool. Fish out the mint leaves then transfer the dressing to a jar with a lid and refrigerate.

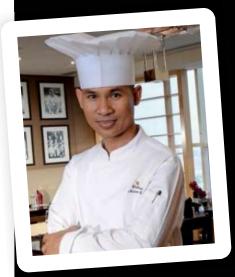


- Cut the chicken wings in half through the joint and put them into a shallow dish.
- Crush the garlic to a paste with the salt and scrape it into a bowl. Add 1 tablespoon of the oil and the yoghurt, saffron liquid, lime juice, orange zest and pepper and mix well. Coat the wings evenly with the marinade.
- Cover and refrigerate for at least 6 hours. Bring to room

.....:

- temperature before cooking. Preheat the grill to high.
- Thread the wings onto metal skewers, allowing 4 per skewer. Grill, turning intermittently. As they begin to colour, move them away from the heat. They will take 15-20 minutes to cook.
- Pile the skewers onto a warm platter and serve with the accompaniments and a bowl of the dressing.

250ml water



GRILLED SEA BASS WITH GINGER AND SPRING ONIONS

Chef Wittaya Tongsodsaen at Toshi, Grand Millennium Dubai, is famed for his Asian fusion cuisine. A Thai native, who has travelled the world and incorporated flavours from Brunei, Poland and Switzerland into his cooking, reveals his recipe for a fool-proof fish dish

SERVES 1

INGREDIENTS

300g fresh sea bass $Salt\ and\ pepper,\ to\ taste$

FOR THE SAUCE

- 2 tsp chopped garlic
- 2 tsp chopped ginger
- 3 tbsp black mushrooms, sliced
- 1 tsp soy sauce
- 1 tsp oyster sauce
- 1 tsp sesame oil
- 2 tsp cornflour

TO GARNISH

- 2 tsp spring onions
- 2 tsp coriander leaves, chopped
- 1 large red chilli, chopped
- ½ tsp fresh ginger, julienned

- 1 Marinate the sea bass fillet with salt and pepper and place under a moderate grill until cooked, about 6 minutes on each side. Remove from the grill, set on a serving plate and set aside.
- 2 Next, prepare the sauce. Sauté the garlic, ginger and mushrooms together. Add all the seasonings and stir to combine.
- Make a paste from the cornflour by adding 4-5 tablespoons of water and stir this into the sauce as well to thicken.
- Pour the sauce over the fish, garnish with red chilli, julienned ginger, spring onions and coriander leaves.

5 Serve with plain boiled rice. **g**

"Thais are big believers of invigorating the tastebuds with simple aromatic blends. This dish is a reflection of how a main ingredient shines for itself when a touch of spice enhances its natural flavour"





INGREDIENTS

12 small apples, stalks removed

- * ¾ cup warm water * 3 cups caster $sugar * \frac{1}{4} cup \ liquid \ glucose$
- * 1 tsp white vinegar * ½ tsp red food colouring, optional
- * Chopped nuts to garnish, optional

YOU WILL ALSO NEED 12 lolly sticks or chopsticks MAKES 12

STEP 1

Wash the apples in hot water to remove wax coating. Dry.

STEP 2

Push 1 chopstick or lolly stick into the top of each apple, being careful not to push all the way through. Line 2 large baking trays with baking parchment.

Place the sugar, water, glucose and vinegar in a heavy-based saucepan set over a low heat. Cook, stirring, for 5-7 minutes or until sugar has dissolved, but don't allow to boil.

Increase the heat to medium-high. Bring to syrup to the boil. Cook, without stirring, for 15 to 20 minutes or until toffee reaches hard crack stage, brushing the sides of the pan with a pastry brush dipped in water to prevent it from crystallising.

Hard Crack Stage

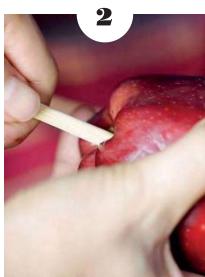
You can determine when your caramel is ready for dipping by dropping a small spoonful of hot syrup into a bowl of very cold water. Remove the candy from the water and attempt to bend it. If hard-crack stage has been reached, the syrup will form brittle threads in the water, and will crack if you try to mould it

Remove from heat. Tint red with food colouring, if using. Allow the syrup to stand for 30 seconds to allow the bubbles to settle slightly. Working quickly, dip 1 apple into toffee, tilting the pan to coat or by drizzling to coat using a wooden spoon. Turn apple over the pan to drain excess toffee.

STEP 6

Stand the apple on prepared tray, garnishing with chopped nuts, if desired. Repeat with remaining apples and toffee. Stand for 20 minutes or until set completely before serving.













3 Ways With... Cardamom

This fragrant spice adds a different dimension to dishes, combining peppery heat with citrus tones, while aiding digestion and detoxifving



CHICKEN BIRYANI

SERVES 6

This dish is a firm favourite of the Indian subcontinent - that's some 1.7 billion people! Try your hand at it and you'll soon see why

INGREDIENTS

2½ cups white basmati rice, washed in several changes of water and then drained 1 kg chicken pieces, skinless but with bones 3 large yellow onions, thinly sliced 1 cup sunflower oil 18 black peppercorns 9 pods green cardamom 3 pods black cardamom 2 cinnamon sticks ½ tsp. cumin seeds 4 whole cloves 2 dried bay leaves 6 tomatoes, chopped ½ cup plain yoghurt 1 tbsp garlic purée 1 tbsp green chilli purée 3/4 tbsp ginger purée 2 tbsp garam masala 1 tsp crushed red chilli flakes ½ tsp turmeric Salt, to taste (start with 1 tsp and add as required) 3/4 cup mint, chopped 1/4 cup coriander, chopped 40 threads saffron, crushed (heaped 1/2 tsp.)

METHOD

Heat ¼ cup oil in a saucepan set over a high heat. Add the onions and cook, stirring

- occasionally until dark brown, 20-25 minutes. Transfer to a bowl and set aside.
- Heat the remaining oil in over a high heat. Add the garam masala, chilli flakes, turmeric, 10 peppercorns, 5 green cardamom pods, 2 black cardamom pods, and 1 cinnamon stick. Cook, stirring, until fragrant, about 1 minute.
- Add the garlic, tomatoes, chillies and ginger and stir to combine. Cook for 2-3 minutes, then add the chicken and the salt. Cook until lightly browned, about 5 minutes.
- Cover and reduce the heat to medium, until the chicken is cooked through - 30-40 minutes.
- Add the onions, yoghurt, 1/2 cup mint, and 2 tablespoons of coriander and cook, uncovered, for 15 minutes. Set aside.
- Place the saffron in a bowl and cover with 1/2 cup hot water; set aside.
- 7 Bring 4 cups of water to a boil in a saucepan. Add the remaining peppercorns, green and black cardamom, cinnamon, cumin, cloves and bay leaves along with the rice. Season with salt and cook rice until al dente – 5-10 minutes. Drain the rice and set aside.
- Remove half the chicken curry from the saucepan to a bowl.
- Top the chicken with half the rice.
- 10 Pour half of the saffron mixture onto the rice and mix in using your fingers.
- 11 Top with the remaining chicken curry and then the remaining rice.
- 12 Drizzle the remaining saffron on top and mix through the rice again.
- 13 Steam, covered, over a low heat until the rice is cooked completely, about 10 minutes.
- 14 Garnish with the remaining mint and coriander.



CARDAMOM BANANA BREAD

MAKES 1 LOAF

A teatime treat that's amazing with a little cottage cheese and a drizzle of honey or maple syrup

INGREDIENTS

3/4 cup whole wheat flour 1 cup all-purpose flour 3 ripe bananas, mashed ²/₃ cup raisins 1/2 cup chopped walnuts, toasted 1/3 cup pineapple juice 1 tbsp molasses 1 tsp almond extract 3/4 cup packed brown sugar 1/3 cup sunflower oil 2 eggs 1 tsp baking powder 1 tsp baking soda ½ tsp salt 1 tsp freshly ground cardamom pods, or

METHOD

Preheat the oven to 175C. Grease a large loaf pan.

cardamom powder

In a bowl, combine the pineapple juice, molasses and almond extract and stir until thoroughly mixed.

- 3 Set a small saucepan over a medium heat. Add the pineapple juice mixture and the raisins and bring to a simmer, stirring intermittently. Remove from the heat and set aside.
- 4 In a large bowl, mix together the mashed bananas, brown sugar, sunflower oil and eggs with an electric hand mixer for 1 minute.
- In another bowl, sift together the all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and ground cardamom.
- Stir the flour mixture into the egg mixture with a spoon until well combined, then add the walnuts and finally the soaked raisins. Stir a final time to combine, then pour the batter into the prepared tin.
- Bake for 50-60 minutes, or until a toothpick inserted comes out clean. Allow bread to cool slightly before removing from the pan.



CARDAMOM AND VANILLA FILO PARCELS

SERVES 6

These divine bites are the perfect contrast of textures, marrying a smooth velvety custard with a hint of satisfying crunch

INGREDIENTS

6 sheets filo pastry
40ml melted butter
1 medium egg, beaten
40g caster sugar
1 tsp vanilla powder
1 tsp ground cinnamon
FOR THE FILLING
150ml double cream
225ml full fat milk
2 egg yolks
50g caster sugar
8 cardamom pods
60g cornflour

METHOD

- Make the filling. Crush the cardamom pods and place in a saucepan together with the milk and cream to infuse.
- 2 Beat the egg yolks with the caster sugar in a bowl until thick and pale. Add the cornflour and beat well to incorporate.
- 3 Add the egg mixture to the pan of milk and cook, stirring, until thickened.
- 4 Strain the mixture through a sieve, to remove the cardamom pods, into a 20cm x 20cm cake tin, placing a sheet of clingfilm directly on top of the custard to prevent a skin from forming. Allow to cool before placing in the refrigerator to cool and set completely. Once set, cut into 5cm x 5cm squares.
- 5 Preheat the oven to 180C.
- 6 Working two sheets at a time, brush each of your filo sheets with butter and place them on top of one another. Cut into quarters to form squares. Repeat with the remaining pastry.
- 7 Place the custard squares in the middle of each pastry square. Brush the border of each square with beaten egg, bringing up the sides of the pastry to form a parcel.
- 8 Squeeze the edges firmly so that they stick. Repeat until all the pastry sheets have been used up. Brush each parcel with melted butter.
- 9 Mix the caster sugar, vanilla powder and ground cinnamon together in a bowl, and dust each parcel lightly.
- **10** Bake for 15 minutes until crisp and golden. Cool slightly before serving.

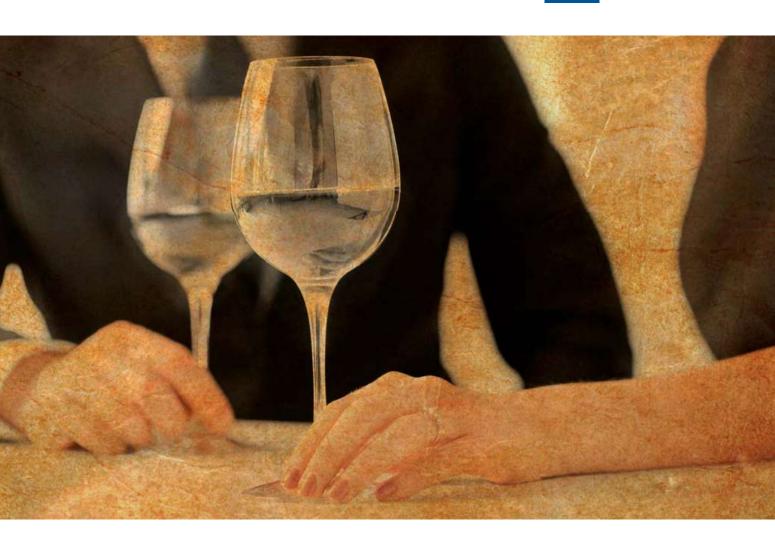




Strange Cardamom Fact

Related to ginger, cardamom is similarly said to relieve nausea







Find your secret Italian affair at Prego's

Indulge in a sumptuous Italian lunch, celebrate an evening to remember or unwind in an authentic brunch with a traditional range of homemade delicacies.

Embark on a delectable journey and relish the true flavours of Italy.

For reservations, please call us on +971 (0)4 435 0201 or email us at fb.media@rotana.com





IN SEASON

The queen of green, first lady of lean, it's...

CH SUPRI

Hailed as the original superfood before the phrase was even coined, these leafy greens are packed with powerful antioxidants and contains more nutrients per calorie than any other food on Earth, which is why you should put them on your shopping list now!



SPANAKOPITA

MAKES 1 LARGE PIE

This famous Greek pastry is a rich dish that's perfect paired with a salad

INGREDIENTS

500g filo pastry ½ cup extra-virgin olive oil FOR THE FILLING 1/4 cup olive oil 1kg spinach 6 spring onions, chopped 1 large onion, chopped 2 cloves garlic, minced ½ cup ricotta cheese 1 cup feta cheese, crumbled 2 eggs, beaten 3/4 cup fresh parsley, chopped Salt and pepper, to taste

METHOD

Heat 4 tablespoons of olive oil in a large saucepan and sauté the garlic and both the onions until lightly browned, about 2 to 3 minutes.

- 2 Add the spinach and parsley and sauté until the leaves have wilted and the liquid has cooked off - 8-10 minutes. Allow to cool enough that you can handle it, then chop finely and place into a large bowl.
- Preheat the oven to 190C. Lightly grease a 30cm diameter, metal baking pan.
- In a medium bowl, mix together the eggs, ricotta, and feta. Add the mixture to the chopped spinach and stir to combine. Check for seasoning and adjust to taste.
- Open up the filo pastry, working with one sheet at a time and covering the rest with a damp cloth to prevent them from drying out.
- Layer the filo in the pan, allowing the excess to drape over the edges, brushing each sheet generously with olive oil. Repeat, until all but two sheets of half the pastry

- has been used to make a bottom layer for the pie.
- Place the remaining two sheets of filo on top but don't brush with oil.
- 8 Add the spinach mixture to the pan, spreading to cover the dough evenly.
- Bring the draped edges of pastry over the filling.
- 10 Add two sheets of filo, without being brushed with oil on top, then repeat, layering with the remaining filo pastry to make the top layer of the pie, oiling each sheet generously.
- 11 Use a sharp knife to score the upper layers of pastry into the size pieces you wish to serve, being careful not to cut right through to the
- 12 Bake the pie in the middle of the oven for 40-45 minutes until it is golden brown.
- 13 Cool until warm, then cut and serve.

In the 1930s US spinach growers credited Popeye with a 33 per cent increase in domestic spinach consumption

SPINACH AND **COCONUT SOUP SERVES 4**

A delicious concoction that will keep you pleasantly full without weighing you down

INGREDIENTS

1 packed cup spinach, washed, excess water removed 25g butter 50g pine nuts, toasted 1 large onion, chopped 2 garlic cloves, crushed 2 cups vegetable stock 700g cauliflower, cut into florets 1 can coconut milk 1/4 tsp ground nutmeg A pinch of cayenne pepper Salt and pepper, to taste

METHOD

- 1 Melt the butter in a large saucepan set over a medium
- 2 Add onion and cook for 5 minutes or until tender. Add the garlic and stir, coking for another minute. Add the stock and the cauliflower. Cover and bring to the boil. Cook until tender, then add the spinach. Cook until the spinach just wilts, about 2 minutes.
- Blend the mixture in batches, using either a food processor or liquidiser, until smooth. Add seasoning to taste.
- Return the mixture to the saucepan, set over a medium heat.
- Add the coconut milk, nutmeg and cayenne pepper. Bring to gentle simmer and check seasoning again, adjusting as
- Add the pine nuts and serve alone or with plain boiled rice for a more filling meal.





SPINACH, FETA AND **RADISH LINGUINE**

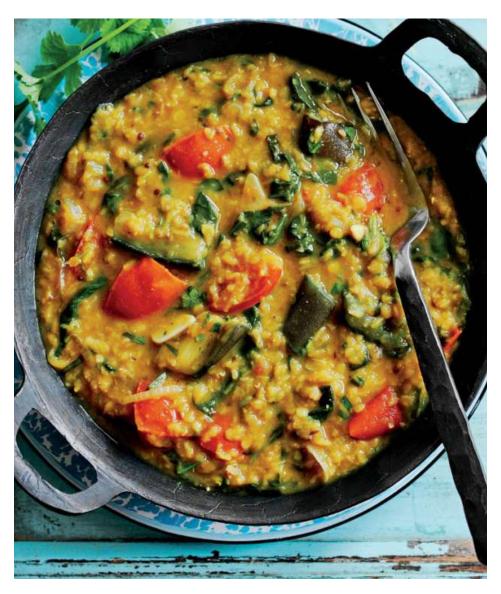
A pasta dish with a medley of fresh

INGREDIENTS

500g spinach leaves Coarse salt and ground pepper 400g linguine or other long pasta 1/4 cup unsalted butter 2 garlic cloves, divided, thinly sliced 1 cup feta, crumbled 1 large bunch radishes, thinly sliced, greens rinsed well and roughly chopped Extra-virgin olive oil, as required

METHOD

- In a large pan of boiling salted water, cook the pasta according to the package instructions. Reserve 1 cup of pasta water in a bowl and set aside.
- 2 Drain the remaining water and return the pasta to the saucepan. Add the pasta water and 2 tablespoons of butter and toss until the butter has melted. Set aside but keep warm.
- 3 Heat 2 tablespoons of olive oil in a large frying pan set over a medium high heat. Add a clove of garlic and sauté for about 1 minute, until the garlic is just beginning to brown.
- 4 Add the spinach to the pan, pressing it down if necessary. Using two large spoons or spatulas, lift the spinach to turn and coat it all in the oil and garlic. Repeat a few times before covering and allowing to cook, undisturbed, for 1 minute.
- Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
- The spinach should now be wilted. Drain any excess moisture from the pan. Add a little more olive oil and sprinkle with salt to taste. Set aside.
- 7 Melt 1 tablespoon of butter in a large frying pan set over a medium-high heat. Add the remaining clove of garlic and radishes and cook, stirring occasionally, until the radishes are crisp-tender, about 3 minutes.
- Add the wilted spinach and radishes to the pasta and toss to combine. Add the crumbled feta then gently mix it through before serving.



PALAK CHANA DAAL

SERVES 6

An Indian favourite that adds depth and texture to regular lentils

INGREDIENTS

285g chana daal 2 large tomatoes, peeled and chopped 1 packed cup spinach, finely chopped ½ tsp turmeric powder 1 ½ tsp salt 3 tbsp ghee or oil A pinch of asafoetida 1/2 tsp mustard seeds 1/2 tsp whole cumin seeds 1 dried hot red chillies, 8 fresh curry leaves 1 large onion, chopped 1 tbsp garlic purée 1 tsp ginger purée ½ tsp red chilli powder

- 1 Wash and drain the daal in a medium bowl until the water runs clear. Then drain in a sieve.
- 2 Place the daal in a medium saucepan with a litre of water. Bring to the boil, skimming off the froth from the top.
- Add the turmeric, lower the heat and cover for 40 minutes to an hour until soft and tender.
- In the meantime, heat the ghee or oil in a small, non-stick frying pan set on a medium-high heat.
- 5 Add the asafoetida and then the mustard seeds. Wait for the seeds to pop, then add the cumin seeds. Stir quickly for a few seconds, then add the dried chillies and fry until they darken. Add the curry leaves, stir once and then add the

- onion. Sauté for 7-10 minutes, or until the onion turns light brown.
- Add the garlic and ginger and stir for another 1-2 minutes. Add the tomatoes and stir for 5 minutes until they soften, mashing them with the back of a wooden spoon as you go.
- Add the spinach and ½ cup water. Stir to combine, lower the heat and cover. Allow to simmer for 10-12 minutes until the spinach becomes soft
- Once the daal is cooked, add the salt and the spinach mixture and stir well.
- Check the seasoning. Thin the daal with water if it feels too thick, then serve with plain boiled rice or chapattis.



SPINACH, PRAWN AND PESTO PIZZA

SERVES 4

 \mathcal{A} spin on the norm that we guarantee you'll love!

INGREDIENTS

250g pizza dough 500g raw king prawns, peeled and deveined 4 tbsp basil pesto ${\it 2~cups~baby~spinach, rinsed}$ and dried 2 tbsp extra-virgin olive oil 2 tbsp minced garlic 1 tbsp lemon juice 1 tsp dried oregano

2 cups mozzarella cheese, grated 1 cup ricotta cheese

METHOD

- 1 Preheat the oven to 220C and grease a baking tray.
- 2 Make up the dough according to the package directions and roll to a 30cm round. Place on the baking tray.
- In a large saucepan, heat the olive oil over medium high heat. Add the garlic and cook for about 1 minute or until fragrant.
- 4 Add the prawns and cook for

- about 3 minutes, until pink and cooked through. Add the lemon juice and cook for a further 2 minutes. Remove from the heat.
- Scatter the prawn, oil and garlic mixture over the base. Add the spinach and oregano and then top with mozzarella.
- 6 Mix the ricotta with the pesto and place even spoonfuls all over the top, so that the mixture is evenly distributed.
- Allow the pizza to rest in a warm place for 15 minutes.
- Bake for 15 to 20 minutes and serve immediately.







Fust half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat daily

STUFFED SPINACH AND RICOTTA CREPES

Forget painstakingly filling cannelloni tubes - these crepes are much easier and just as delicious!

INGREDIENTS

FOR THE CREPES 2 large eggs 3/4 cup milk 1/2 cup water 1 cup flour 3 tablespoons melted butter Butter, for coating the pan FOR THE FILLING 25g butter A splash of olive oil 2 cloves garlic, peeled and finely sliced 1 large handful fresh oregano, roughly chopped 1/4 nutmeg, grated 4 cups spinach, thoroughly washed ½ cup fresh basil, chopped Salt and pepper, to taste 1 pinch sugar 400g ricotta cheese

METHOD

1 In a blender, combine all of the ingredients for the crepes and pulse for 10 seconds. Place the crepe batter in the refrigerator for 1 hour.

1/2 cup Parmesan, freshly

grated from a wedge

In the meantime, make your filling. Place the butter, a drizzle of olive oil, one of the sliced garlic cloves, oregano and the grated nutmeg in a large saucepan set over a medium-high heat, until the garlic is soft.

- 3 Add the spinach in handfuls, stirring with each addition to distribute the ingredients and allowing the spinach to wilt, so you can add more to the pan until it is all incorporated.
- The spinach will cook in its own moisture. Once is has all wilted, add the basil.
- 5 After 5 minutes, transfer the spinach mixture to a large bowl and allow to cool.
- 6 Once cool, wring out the excess liquid into the bowl.
- 7 Finely chop the spinach and return to the bowl, mixing it with the liquid. Add the ricotta and the Parmesan. Check for seasoning and add salt and pepper to taste. Set aside.
- Remove the crepe batter from the fridge. Heat a small nonstick pan. Add butter to coat.
- Pour about 2 tablespoons of batter into the centre of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and then remove, laying flat on a plate. Repeat until all the batter has been used.
- 10 Divide the spinach mixture into equal portions for each crepe and spoon this into the middle of each one. Fold in half, then in half again to create triangles.
- 11 Serve with a fresh green salad.



Make like a movie star and get ready to head down to New York's famous eatery, Serendipity 3, which is coming Dubai

rom Marilyn Monroe, Grace Kelly and Andy Warhol, to today's stars such as Beyoncé, Mariah Carey, Katie Holmes and daughter Suri, Serendipity 3 has been a hotspot for sweet-toothed A-listers for decades. The whimsical dessert institution has also featured in Hollywood movies including Serendipity starring John Cusack and Kate Beckinsale. The celeb menu fave? The legendary Frrrozen Hot Chocolate, topped with lashings of whipped cream and cocoa shavings. "You must try it," urges founder Stephen Bruce, when we meet in the Upper East Side landmark on a hot summer's day. "It blends 13 different kinds of chocolate and has been the same recipe since we opened."

Now the Serendipity magic is reaching the shores of Dubai, with two outposts opening this December, at Dubai Festival City and City Walk, and a total of five in the pipeline. The UAE is the first international location outside the US. "I'm thrilled that we're opening in Dubai," says Bruce, 83, looking dapper in a feather-print Maison

"Serendipity 3 has remained a hit with celebrities since 1950"

Margiela shirt. "I've never been to the Middle East, but I'll hopefully go for the opening. I'm looking forward to meeting everyone."

The Dubai eateries will feature American fare such as the popular foot long dogs, New York steak of mind (340g

steak with stacked onion rings) and triple decker grilled cheese sandwiches. "We'll make a few menu adjustments for Dubai, but we want to keep the essence of Serendipity," says Bruce.

Of course, the big lure will be the desserts. As well as the Frrrozen hot chocolate (flavours include Oreo, peanut butter, an salted caramel), there will be chocolate blackout cake, red velvet cake and sundaes.

The most decadent is the 'Golden Opulence' sundae (at USD1,000, it holds the Guinness World Record for the world's most expensive sundae), with vanilla ice cream and 23k edible gold leaf. "We created it for our 50th anniversary. It was so popular that we kept it on the menu," says Bruce.

When Bruce and his business partners, the late Calvin Holt and Patch Caradine opened Serendipity in its original Upper East Side basement location in 1954, they used family recipes for homemade desserts with a Southern charm. With little money for decor, they painted everything white. "People said it had an Alice in Wonderland feeling," reflects Bruce.

The aesthetic was an overnight success. Andy Warhol displayed his artworks there and guests such as Jackie Onassis, Katharine Hepburn, Marlene Dietrich and almost every US President since the 1950s have all graced the establishment. Even today, starry visitors include Mila Kunis who celebrated her birthday there with Ashton Kutcher and Princess Beatrice.

This winning design vision, resembling a theatrical stage set, will be replicated in Dubai. "I've been working with artists and architects to achieve the same feeling," says Bruce, who partnered with Al Tayer Group for the UAE venture. "If our Middle East customers have visited us in New York, we want them to feel comfortable in their home base, and to enjoy all of our wonderful delights." INFO: 10am-10pm daily, Dubai Festival City, 10am-1am daily, The City Walk Dubai







BRITISH BEACH BITES

Now that the weather is finally cooling down, it's time for seaside snacks and suppers eaten alfresco. Try these classics from the shores of the UK that are sure to whet any appetite!



CINNAMON RING DOUGHNUTS

MAKES 15 TO 20

Best eaten warm, these fluffy and yummy doughnuts are great all by themselves, but try dipping in hot chocolate sauce for extra decadence

INGREDIENTS

500g self-raising flour 1 level tsp baking powder 90g caster sugar 2 medium eggs 2 tbsp sunflower oil 200ml milk

FOR THE SUGAR COATING 1 level tsp ground cinnamon 125g caster sugar Sunflower oil, for frying 7cm and 3cm circular

METHOD

cutters

- 1 Heat the oil in a deep-fat fryer or large pan to 170C.
- Meanwhile, sift the flour and baking powder into a bowl and stir in the sugar.
- 3 Beat the eggs and oil into the milk and add to the dry ingredients, mixing

- with a spoon to bind them together.
- Work the ingredients into a smooth ball and then turn out on to a floured work surface. Roll the dough out to a thickness of just over 1cm.
- Flour the cutters and use the larger one to cut out rounds of dough, then cut out the centres using the smaller cutter. Reroll the trimmings to make more doughnuts.
- Place the doughnuts to one side and make the coating. Mix the cinnamon and sugar together in a small bowl.
- 7 Now cook the doughnut rings 2 to 3 at a time. Place the rings carefully into the hot oil and cook for 3 to 4 minutes, until golden on the bottom. then turn them over and cook for a further 2 to 3 minutes, until they are an even golden colour and cooked through.
- Lift them out and onto kitchen paper to drain briefly and, while they're still hot, toss them in the cinnamon sugar until evenly coated. Shake off any excess and place on a wire rack to cool briefly. Serve warm.



BATTERED FISH AND DOUBLE-COOKED CHUNKY CHIPS

SERVES

The ultimate comfort food that will have you licking your fingers!

INGREDIENTS

4 x 150-175g cod or haddock fillets
2 tbsp four, plain or self-raising
1kg potatoes, preferably
Maris Piper or other floury variety, peeled
FOR THE BATTER:
100g self-raising four
100g cornflour
300ml light ale or ginger ale, well chilled
Sunflower oil, for frying
Mushy peas, to serve

- 1 Heat the oil to 130 to 140C.
- 2 Cut the potatoes into thick chips and rinse them well. Pat until as dry as possible using kitchen towels.
- 3 Cook the chips, in a couple of batches if necessary, until they're lightly golden and feel tender almost all the way through about 10 minutes. Lift them out of the oil, then lay them on a tray lined with kitchen towels and allow to cool. They may be refrigerated and kept for several hours until you're ready to cook.
- 4 For the batter, mix the flour and cornflour, season with salt and pepper in a bowl and then lightly whisk in the light ale or ginger ale. Don't worry if the batter is slightly lumpy, as it's better not to overmix it.
- **5** Heat the oil to 180 to 190C.
- **6** Spoon the flour onto a plate and season.
- 7 Pat the fish dry on kitchen towels, then coat in flour, tapping off the excess.
- 8 Dip the fish into the batter to coat it completely and carefully lower into the hot oil, taking care in case it spits. Cook for 4 to 5 minutes, until it has an even colour. Keep the fish warm while cooking the chips.
- 9 Return the chips to the pan, with the oil at 180 to 190C, and cook for 4 to 5 minutes until golden and cooked through.
- 10 Drain well and serve immediately with fish and hot mushy peas.



BEEFBURGER BAPS

SERVES 4

These are quite a mouthful, so expect complete silence while they're being devoured!

500g pack beef mince 1 small onion, finely chopped 1 tsp Worcestershire sauce 2 tbsp finely chopped parsley 1 large egg yolk Oil, for greasing TO SERVE 4 burger buns A few lettuce leaves 4 to 8 slices large tomato Sweetcorn relish A few slices of red onion 2 gherkins, sliced 4 decorative wooden skewers

METHOD

- 1 Tip the mince into a bowl and add the onion, Worcestershire sauce, parsley and egg yolk. Season with salt and pepper and then mix well.
- 2 Divide the mixture into 4 and shape each into a round, fat burger and chill them for about 30 minutes, or overnight, before cooking.
- Grease a ridged griddle pan with oil and heat it up. Add the burgers and cook them for 4 to 5 minutes on each side until they're cooked through.
- To serve, cut each burger bun in half and toast the insides, either under a grill or on the griddle pan. Place a layer of lettuce on the bottom halves, then 1 to 2 slices of tomato, a burger, sweetcorn relish and finally onion rings. Top with other half of bun.
- Place 2 to 3 slices of gherkin on top, holding the whole thing together with a wooden skewer. Serve with some extra sweet corn relish and crisps on the side, if you like.

SMOKED FISHCAKES

SERVES 4

Flavourful and sophisticated, these are melt-in-the-mouth patties of sublime goodness

INGREDIENTS

750g potatoes, peeled and quartered 500g skinned smoked haddock fillets 50g butter, melted 3 tbsp fresh parsley, finely chopped 2 eggs, beaten 200g dried breadcrumbs 3 tbsp olive oil 4 eggs, for poaching

METHOD

1 Boil the potatoes until soft, about 20 minutes. Drain

- well, then mash and allow to cool.
- 2 Steam the smoked haddock for 8-10 minutes. Cool and flake.
- 3 Stir the smoked haddock flakes into the mashed potatoes. Add the melted butter and parsley and form into eight cakes on a wellfloured work surface. Chill
- for 15 minutes.
- 4 Dip each cake into the beaten eggs, then the breadcrumbs and fry gently in hot oil for 3 minutes on each side. While they're frying, poach the eggs to your preferred consistency.
- Top the fishcakes with the eggs and serve with fries on the side, if desired.





VANILLA ICE CREAM WITH CARAMEL **SAUCE**

SERVES 6 TO 8

Sure to put a smile on everyone's face, young or old

INGREDIENTS

2 cups double cream 2 vanilla pods, halved and scraped 1 cup whole milk ²∕₃ cup sugar 1/8 tsp fine sea salt 6 large egg yolks 6-8 waffle ice cream cones FOR THE CARAMEL SAUCE ½ cup salted butter (no

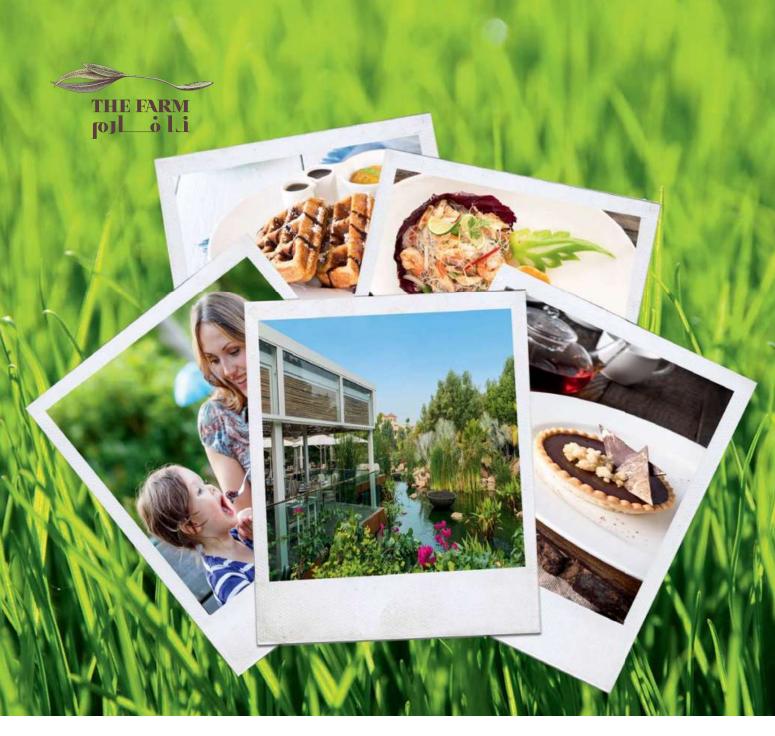
1/4 tsp salt 1 cup brown sugar (well packed) ²/₃ cup heavy whipping cream, unwhipped 2-4 tsp vanilla extract (optional)

METHOD

- 1 In a small pan, simmer cream, milk, sugar, salt, vanilla seeds and pods until the sugar completely dissolves, about 5 minutes. Remove the pan from the heat.
- In a separate bowl, whisk the yolks. Whisking constantly, slowly add about a third of the hot cream into

- the yolks, then whisk the yolk mixture back into the pan with the cream.
- Return the pan to a medium-low heat and gently cook until the mixture is thick enough to coat the back of a spoon. Allow to cool for 30 minutes, using clingfilm to cover (in contact with) the surface of the custard to prevent a skin from forming.
- After 30 minutes, strain through a fine-mesh sieve into a bowl. Cool the mixture to room temperature. Cover and chill for at least 4 hours or overnight.
- Churn the mixture in an ice cream machine according to manufacturer's instructions. Serve directly from the machine for soft serve, or store in freezer.
- Make the caramel sauce. In a small saucepan melt the butter with the salt.
- Add the brown sugar. Whisk until thickened about 2 minutes.
- 8 Whisk in the whipping cream, until thoroughly blended – about 2 minutes.
- Mix in the vanilla essence, if using, until combined.
- 10 Scoop the ice cream into cones and drizzle with caramel sauce.

substitutions)



Experience new flavours at The Farm this fall!

With 25 not-to-be-missed sumptuous dishes on the menu, diners are spoiled for choice! Try our mouthwatering Barbeque short ribs, Scallop turmeric and coconut soup, and Steamed lobster with red curry paste or for a twist, taste our Camel with garlic and pepper sauce or the Camel massaman curry.

See you at The Farm.

For bookings, please call $04\ 392\ 5660$





Ingredient in Focus Banana Blossom

On a recent supermarket visit we came across a beautiful vegetable called banana blossom. Now I'm sure there are many people who are familiar with it, but I have to tell you that I was thoroughly ashamed to not recognise it. I was even more puzzled when I asked a man buying one how to prepare it and he responded, "Um, you just cook it." Helpful. Not. It turns out that the banana blossom is the flower that grows at the end of a banana cluster, which is both edible and a frequent ingredient in Southeast Asian and Indian cooking. It can be used in soups, salads, stews and curries and possess a slightly bitter flavour, most likened to artichoke. We enlisted Bengali food blogger Chitrangada Kundu of colorandspices. com to tell us more...

"Banana blossom is called Mocha ('cha' as pronounced in 'chair') in Bengali. Some people shy away from cooking it because it takes a fair amount of patience to clean and prepare. I find that spreading out a few old newspaper sheets on my work surface extremely convenient for an easy clean up while I work through the blossom" CHITRANGADA KUNDU

INGREDIENT IN FOCUS



How to prepare

STEP

If you peel off the red-brown bract of the blossom you will find the actual banana flowers hanging together as a cluster of light-yellow coloured florets attached to the top.

STEP 2

Each floret needs to be separated and cleaned. If you take a single floret, you will see the pistil, a stiff stalk-like structure in the middle and a scale at the bottom. Both need to be discarded. This is the most laborious step.

STEP 9

As you keep removing the red-brown

bracts, there will be a point where you will reach the heart of the banana blossom. The bracts will look white and you can't separate them anymore.

STEP4

Separate the banana blossom heart from the stalk. It can be chopped and used with the rest of the florets or cut into quarters and dipped in some batter (usually chickpea flour batter) and deep fried. STEP 5

Chop the florets after separating and cleaning them. Take a large container filled with water and add 1 tablespoon of turmeric powder. Soak the florets for 4-6 hours. This will get rid of the bitter metallic-tasting sap.

STEP 6

Drain and place the florets in a pressure cooker. Cover with water and cook for 3 whistles. Remove from the heat, drain the water and allow to cool. Using a food processor, mash the boiled banana florets then lightly press between your palms to remove excess water. This is now ready to cook.













MOCHA CHINGRI

INGREDIENTS

1 small banana blossom, boiled and mashed * 250g prawns * 1 medium potato, peeled and cut into small cubes
* 1 brown onion * 2 bay leaves * 3-4 dried red chillies * 1 tsp cumin seeds * 2 tsp cumin powder * 2 tsp ginger, grated
* 1 tsp turmeric powder * 3 to 4 tsp red chilli powder * 2 tsp garam masala powder * 1 tbsp ghee * Salt, to taste
* Sugar, to taste * Oil (preferably mustard oil)

SERVES 3 TO 4



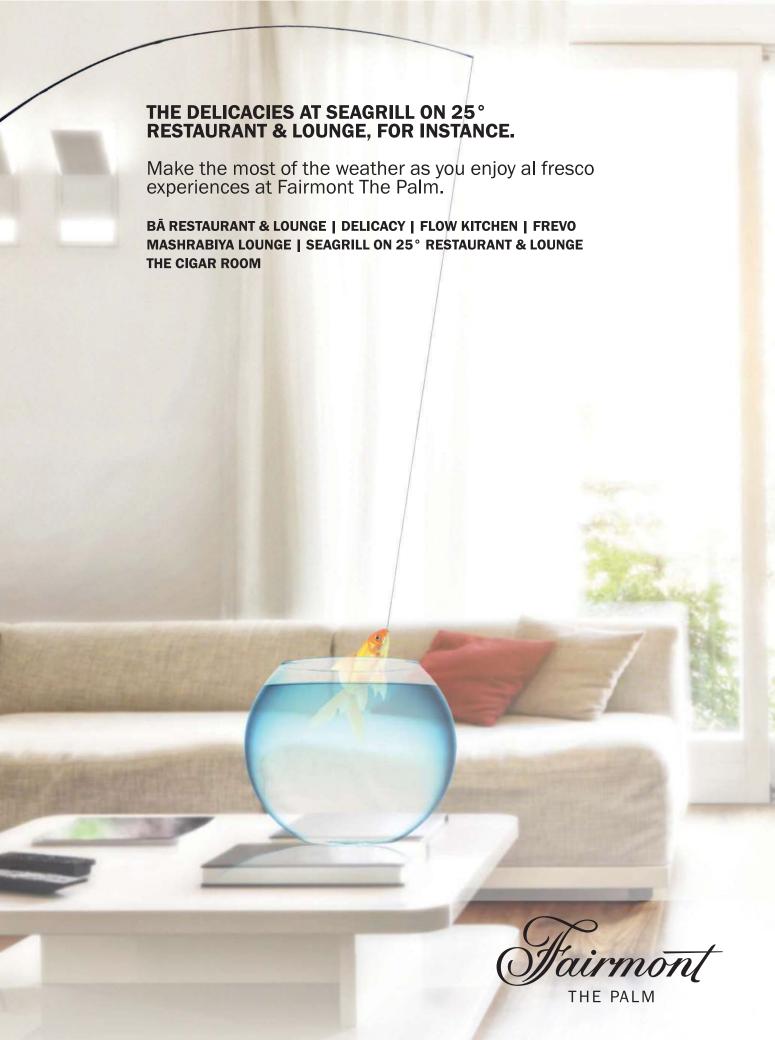
METHOD

- Clean and de-vein the prawns, leaving the head and tail on, if preferred. Coat the prawns with salt and turmeric powder and set aside for 15 minutes.
- 2 Drizzle oil in a pan set over a mediumhigh heat. Once hot, add the cubed potatoes until they are nicely golden brown on all sides. Remove the potatoes using a slotted spoon and set aside.
- 3 In the same pan, fry the prawns over a high heat for 2 minutes on each side. Remove and set aside.
- 4 In the same pan, heat another drizzle of oil until hot, then add the whole cumin seeds, bay leaves, and dried red chillies and cook for 1 minute. Add the chopped onion. Cook over a medium heat until the onion turns lightly

brown.

- Add the grated ginger, cumin powder, red chilli powder, turmeric powder and two tablespoons of water. Mix to combine and cook for 2-3 minutes.
- 6 Add the boiled and mashed banana blossom and salt and mix well. Cover and cook for 4-5 minutes. If it sticks to the bottom of the pan, add a tiny bit of water.
- **7** Add the fried potatoes and cook until tender.
- **8** Add sugar, to taste, to balance out the spice of the dish, but not too much
- 9 Add the fried prawns, ghee and garam masala powder. Mix well to combine. Cover the pan, remove from the heat and allow to stand for 10 minutes.
- 10 Serve hot with steamed rice.





Magnificent MINI MÖRSELS

Following the current trend for small bites and sharing platters, we've constructed a beautiful spread of personal indulgences. The question is, can you stop at just one?



SURF AND TURF PINWHEELS

MAKES 8

They take a bit of effort but they're well worth it!

INGREDIENTS

4 red snapper fillets, deboned and skin removed 8 slices turkey ham, folded in half widthways

1/2 lemon, zest and juice A few sprigs of thyme, leaves chopped 2 tbsp horseradish sauce YOU WILL ALSO NEED 16 short wooden skewers, soaked

METHOD

1 Slice the red snapper in half lengthways.

- **2** Lay on a chopping board and place a slice of turkey on top.
- **3** Mix the lemon, thyme and horseradish into a paste and brush over the turkey ham.
- Roll up and place 2 wooden skewers through the fish. Set aside until ready to cook.
- Cook for 3 to 4 minutes per side on a hot barbecue or under a medium-hot grill.

MINI BURGER BITES

MAKES 12

These are so simple, even kids can make them. As the flavours are enhanced over time, leaving the spiced lamb in the fridge for as long as possible or even overnight will produce stunning results!

INGREDIENTS

11/2 tbsp olive oil 1 large red onion, chopped 400g lean lamb mince 1 tin anchovy fillets in oil, finely chopped 50g fresh breadcrumbs 1 sprig of rosemary, chopped 2 tbsp parsley, chopped 1 cucumber, peeled, halved, deseeded and sliced very 1 tbsp dill, chopped 1 tbsp white wine vinegar 1 tsp sugar ½ tsp flaked sea salt Mini burger buns 200g tub tzatziki

- 1 Heat the oil and cook the onion for 5 minutes, until soft.
- Place in a bowl and mix with the lamb, anchovies, breadcrumbs, rosemary and
- Shape into 12 patties and chill well for as long as possible, until ready to grill or barbecue.
- Place the cucumber into a non-metallic bowl with the dill, vinegar, sugar and sea salt, then set aside to pickle for 10 minutes. Drain off the excess liquid.
- Cook the burgers on a hot barbecue or under a medium hot grill for 8-10 minutes, turning halfway through.
- Serve in the buns with the tzatziki and cucumber salad on the side.



INGREDIENTS

225g unsalted butter, at room temperature 50g icing sugar ½ tsp vanilla extract 225g plain flour 50g cornflour

1 tsp vanilla extract ${\it 3 tbsp strawberry jam (or }$ flavour of your choice)

- Preheat the oven to 180C.
- Whisk together the butter and icing sugar until pale.
- mixture quickly in your hands and place on a baking tray lined with baking paper. Continue to create around 28 balls. Use a fork to flatten each biscuit slightly, leaving fork marks.
- **5** Bake in the oven for 12 to 15
- 7 To make the filling, whisk together the butter, sugar and vanilla extract until pale and fluffy.
- Spoon some of the mixture onto half the biscuits, add a little jam, and sandwich with the remaining biscuits.

VENETIAN COFFEE TRIFLES

SERVES 4 TO 6

Try serving these rich coffee desserts to guests after dinner in place of the traditional hot drinks to end the meal. They sure beat an espresso!

INGREDIENTS

1 rounded tbsp instant coffee granules, plus extra for serving 250g tub ricotta, drained 2 level tbsp caster sugar 1 egg, separated 30g dark chocolate, melted 4 level tbsp ground almonds The zest of ½ lemon or orange, finely grated 1 tbsp lemon or orange juice 12 to 16 sponge fingers A few chocolate-coated coffee beans, optional YOU WILL ALSO NEED 4 or 6 coffee cups

METHOD

- 1 Dissolve the coffee in 150ml boiling water. Set aside.
- Mix the ricotta and sugar in a bowl. Divide the mixture into two bowls.
- **3** Whisk the egg white in another bowl and fold it into one half of the ricotta mixture with the melted chocolate.
- 4 Add the egg yolk, ground almonds, zest and juice to the other half of the ricotta mixture.
- **5** Dip half the sponge fingers into the coffee for a few seconds so they absorb the liquid. Place them into the cups.
- Smooth the chocolate ricotta mixture on top.
- Dip the rest of the fingers in the coffee, to use it all up, and place in the cups.
- Spread the almond ricotta mixture on top. Cover loosely and chill for 3 hours (or overnight).
- Take the puddings out of the fridge 10 minutes before
- 10 Sift the coffee granules over the top and before serving, add a few chocolate-coated coffee beans, if you like.



MINI SAUSAGE **ROLLS WITH PEPPERS** AND CARAMELISED **ONIONS**

MAKES 12

The simple sausage shines in all its glory with this satisfying recipe

INGREDIENTS

12 mini sausages or 6 regular sausages cut into halves 12 soft mini buns 1 brown onion, thinly sliced 2 tbsp olive oil 1 jar roasted peppers Salt and pepper, to taste

METHOD

1 Drizzle the olive oil in a large frying pan set over a medium-low heat. Add the onions and cook for about 15-20 minutes, stirring intermittently, so that the

onions are soft and slightly golden with crispy edges.

- 2 About 5 minutes before the onions are completely done, add the roasted peppers to the pan. Continue to cook and stir until they start to cook around the edges. Season with salt and pepper.
- 3 Remove the mixture using a slotted spoon and transfer to a plate lined with paper

.....:

- towels to drain excess oil. Heat your grill to a medium heat. Place the sausages
- on your grill rack. Grill each side for 2-3 minutes, until golden and you achieve a few char marks. Lightly toast your bread rolls.
- Place the sausages inside each bun and top with the caramelised onion and roasted pepper mixture. 8



LUNCH WITH A VIEW.

Enjoy lunch with a pristine view of Palm Jumeirah from the 52nd floor at The Observatory. Starting from AED 99 for a 2-course set menu inclusive of beverages.

Saturday - Thursday, 12pm - 3pm

Pay an additional AED 79 and receive four selected blends.

THEOBSERVATORY

Al Sufouh Road, Dubai Marina, PO Box 66662, Dubai, UAE T. 971.4.319.4795 | marriottharbourdubaidining.com



Dubai Marriott Harbour Hotel & Suites @marriottharbour





SMASHING PUMPKINS!

Don't know what to do with all that orangey goodness after you've finished carving your Halloween lanterns? Try these family-friendly recipes that ensures that this is a veggie staple you'll want to add to your shopping list all year long





HALLOUMI, PUMPKIN AND POTATO SKEWERS

Who said a veggie dinner couldn't be hearty and filling?

INGREDIENTS

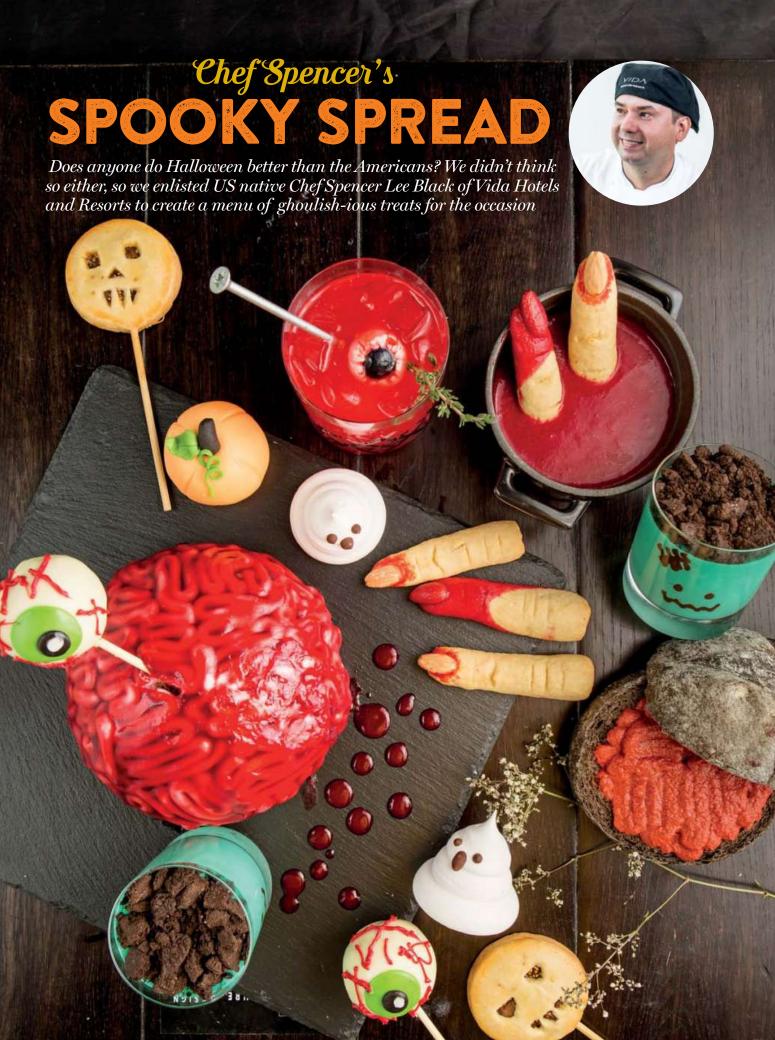
500g roasted pumpkin cubes 12 small potatoes, boiled in salted water and halved

250g halloumi cheese, sliced into cut into rectangles ½ cup olive oil The juice of a small lemon 1 tsp garlic puree Salt and pepper, to taste 1 tbsp dried oregano YOU WILL ALSO NEED 12 wooden skewers

- 1 Place the lemon juice, garlic, 1/4 cup olive oil and oregano in a bowl.
- 2 Add your halloumi slices, cover and allow to chill in the refrigerator for about 30
- Douse the roasted pumpkin and parboiled potatoes in the remaining olive oil and
- season with salt and pepper.
- 4 Preheat a grill or barbecue until moderately hot.
- 5 Thread the pumpkin, halloumi and potatoes alternately on skewers.
- 6 Cook for about 4 to 5 minutes until all the ingredients are nicely charred.
- **7** Serve with flatbreads.







BLACK BREAD AND RED PEPPER HUMMUS

MAKE 10 BREAD BOWLS AND DIP FOR 4 BOWLS

Feel like picking someone's brain? Have a go at this one, it's delicious!

INGREDIENTS

 $1kg\,flour$ 60g sugar 18q salt 30g fresh yeast 50g egg 100g butter 500g water FOR THE DIP 60ml squid ink or 2 tbsp black food colouring or 2 tbsp bamboo charcoal powder 2 cups shop-bought hummus 3/4 cup shop-bought roasted red pepper, or if you prefer to make your own, 1kg red pepper and 1 tbsp tomato paste

METHOD

- 1 Place all ingredients for the bread in a bowl (if doing by hand) or in a stand mixer fitted with a dough hook attachment.
- 2 Knead the dough on a low speed for a few minutes until the dough starts to come together. Raise the speed to medium and knead for about 7 to 10 minutes.
- **3** Place the dough in a bowl and cover with a cloth and allow to rise in a warm place. Leave overnight to proof for at least



- 20 to 24 hours.
- Remove, divide and form the dough into 10 balls.
- Place the dough on a baking tray lined with parchment and cover with towel to rest for 1 hour.
- 6 Make the dip. If you are making it fresh, cut the peppers in half and put on tray lined with parchment.
- **7** Bake the peppers in the oven at 250C until the skin is soft and brown.
- Remove the peppers from the oven, allow to cool, then remove the skin and seeds.
- Puree the peppers in a blender. Transfer the mixture to a saucepan set over a moderate heat until the liquid reduces by a quarter.
- 10 Mix the tomato paste with the red pepper puree and fold into the hummus and set
- 11 Preheat the oven to 220C.
- **12** Spray a fine mist of water over the bread just before putting in the oven and cook for 15 to 20 minutes.
- 14 Pipe the hummus onto a hollowed out bread and serve.



FRANKENSTEIN CUPS

MAKES 12 CUPS

Cute cup desserts that will be a hit at any party

INGREDIENTS

250g Oreo biscuits with the cream centre removed 180g white marshmallows 180ml milk 1/4 tsp peppermint essence 1/8 tsp green food colouring 300ml whipping cream

- In a food processor blend the Oreo biscuits into crumbs.
- Melt marshmallows in the milk over a low heat while

- stirring. When melted, remove from the heat.
- Stir in the green food colouring and peppermint essence. The colour should be light green. Set aside to cool for 10 minutes.
- Whip the cream with a hand mixer to soft peaks. Fold the whipped cream into the marshmallow mixture.
- Pour the green marshmallow mixture into a glass.
- When the marshmallow has set, top with the Oreo biscuits
- Draw a Frankenstein face on the outside of the glass with permanent marker. Allow to dry before serving.



RASPBERRY LEMONADE WITH LYCHEE BLUEBERRY **EYES**

MAKES 12 GLASSES

An exotic twist to lemonade with an eerie twist!

INGREDIENTS

3/4 cup raspberry puree 9 cups water 2 cups freshly squeezed

lemon juice 2 cups sugar 12 or 24 tinned lychees 12 or 24 fresh blueberries $\it 1$ tbsp red food colouring A few sprigs of thyme

METHOD

1 Place the water and sugar in a saucepan set over a mediumhigh heat until sugar melts. Set aside to cool.

- 2 Once cool, add the raspberry puree and lemon juice.
- **3** For the eyes remove the lychees from tin and place one blueberry in the center.
- Place a small amount of red food colouring on the side of the lychee.
- Fill a glass with ice and add the lemonade on top. Place a lychee eyeball on top and garnish with fresh thyme.

EYEBALL CAKE POPS

MAKES 40 CAKE BALLS Try these as a tasty trick or treat giveaway

INGREDIENTS

4 tbsp melted butter

1 ¼ cup flour

3/4 cup sugar

1 tbsp unsweetened cocoa powder

1/2 tsp baking soda

1/4 tsp salt

1 whole egg

1/4 cup corn oil

1/4 cup cream

1/4 cup sour cream

1/2 tsp vanilla extract 2 tbsp red food colouring,

divided 1 tbsp blue, green and brown food colouring for

eues 4 1/2 tbsp butter, softened

1 1/2 cups icing sugar

2 tsp milk

3/4 tsp vanilla extract 2 cups melting white chocolate

YOU WILL ALSO NEED 40 lollipop sticks

- 1 Combine the flour, sugar, cocoa powder, baking soda and salt in a bowl.
- 2 In a separate bowl mix together the egg, 4 tablespoons of melted butter, oil, cream, sour cream, vanilla and 1 tablespoon red food colouring. Mix the two bowls together.
- **3** Preheat the oven to 180C and grease a 24cm cake pan.
- **4** Transfer the batter to the pan and bake in the oven for 35 minutes.
- 5 In a bowl mix together the softened butter, icing sugar, milk and ¾ teaspoons of vanilla using a hand mixer.
- Crumble in the cake and mix until combined.
- Roll the mixture into balls. Refrigerate until firm.
- 8 Melt the white chocolate in an oven-proof bowl in the microwave.
- 9 Place a stick into each of the cake balls and dip into the white chocolate.
- 10 With a fine paintbrush, decorate the pops like eyes with the food colouring.



PUMPKIN FACE PIE POPS

MAKES 8 POPS

These crisp bite-size pies are perfect for little mouths

INGREDIENTS

2 ½ cups flour
1 tbsp sugar
½ tsp salt
1 cup cold butter (cut into cubes)
4 to 7 tbsp cold water
2 tbsp date paste
2 tbsp fig paste
2 whole egg yolks
8 lollipop sticks

- 1 Preheat the oven to 200C.
- **2** Combine the flour, sugar and salt in a bowl.
- 3 Incorporate the butter and mix with your hands until the butter is around ½ cm balls.
- 4 Add the water 1 tablespoon at a time while mixing. Add enough water to make a dough that does not stick to the sides of the bowl.
- 5 Split the dough into two for easier rolling. Roll the dough out on a floured work surface to a little less than ½ cm thick.
- 6 Cut the dough into 7 to 8cm rounds, about 16 rounds plus a few more in case some break.
- 7 With a sharp paring knife, cut the pumpkin faces into half of the rounds
- **8** Mix together the date and fig paste and place on the uncut dough round.
- 9 Place a lollipop stick about 1 ½ cm inside the round and press down firmly.
- **10** Place the date and fig on the round leaving 1cm space on the side.
- **11** Brush the edge with egg yolk and place the pumpkin face on top.
- **12** Using a fork pinch the sides of the dough to seal.
- **13** Brush a thin layer of egg yolk on top of the pumpkin face.
- **14** Place the pie pops on a tray and bake for 10 to 14 minutes until crisp and golden.

BRAIN POWER (RECIPE BY RAJUL MATKAR)

SERVES 4

Chef Spencer was so impressed by this recipe at our recent Hershey's Halloween pink bake off, he made it his own!

FOR THE CAKE

30g cocoa powder

1 tsp baking powder

1 tsp bicarbonate soda

1 tsp salt

1 tbsp red food coloring

250 ml buttermilk

1 tsp white vinegar

1 tsp vanilla extract

115g butter (room

temperature)

180 g sugar

2 eggs (room temperature) ½ cup raw grated beetroot

½ cup cinnamon chocolate

340g chocolate fudge Non-stick cooking spray

FOR THE ICING

250g cream cheese (room

temperature)

200g butter (room temperature)

½ tsp vanilla extract

400g icing sugar

1 ½ tbsp lemon zest 1 tbsp lemon juice (freshly

squeezed)

squeezea) ½ cup raspberry puree ½ tsp gelatine

METHOD

- 1 Preheat the oven to 180C and grease a 23cm cake pan.
- 2 In a bowl sift together the flour, cocoa powder, baking powder, baking soda and salt.
- In a separate bowl mix
- the buttermilk, red food colouring, vinegar and vanilla. In a third bowl, beat the butter and sugar using a hand mixer or stand mixer on medium speed until light and
- Add the eggs to the butter and sugar mixture one at a time until incorporated.
- 6 Fold in the dry and wet ingredients alternately to the mixer. Begin with the dry, then add the wet and repeat, ending with the dry ingredients.
- Fold in the shredded beetroot and cinnamon chips.
- Pour the batter into the

until a toothpick is inserted and comes out clean.

- When the cake is cool, slice into two layers horizontally, about 1 to 1 ½ cm thick.
- 10 Use a round metal bowl, about 15cm in diameter to layer the cake in.
- **11** Spray the inside with nonstick cooking spray (buttered flavour if you have), and start layering the inside of the bowl with the cake.
- 12 You will need to cut

- **13** Spread each layer with chocolate fudge as you go.
- 14 When cake is assembled in the bowl, place put into the fridge to firm up.
- **15** Make the icing by mixing the butter until just combined with an electric hand mixer.
- **16** Add the lemon zest and smooth.
- 17 Remove the cake from the

- piping bag with a round tip.
- **19** Pipe the icing on top of the cake to make look like a brain. Return the cake to the fridge for the icing to set.
- 20 For the blood layer, warm up the raspberry puree and stir in the powdered gelatine.
- 21 With a pastry brush, coat a fine layer on top of the cake, but be careful not to make it too thick, as you need to see the icing.





WITCHES FINGERS

MAKES 60 COOKIES
Gruesome but delicious!

INGREDIENTS

1 cup butter, softened
1 cup icing sugar
1 whole egg
1 tsp almond extract
1 tsp vanilla extract
2 ¾ cups flour
1 tsp baking powder
1 tsp salt
¼ cup red marzipan
½ cup whole blanched

almonds FOR THE RASPBERRY DIP ½ cup raspberry puree ½ tsp gelatine 1 tbsp icing sugar

- 1 Preheat the oven to 160C.
- 2 In a bowl mix together the 1 cup icing sugar, egg, butter, almond and vanilla extracts.
- 3 Once incorporated mix in baking powder, salt and flour. Cover and refrigerate for 30 minutes.

- **4** Cut the dough into four. Start with one quarter and keep the rest in the refrigerator.
- **5** Roll a heaped teaspoon of dough into a finger shape for each cookie.
- **6** Press an almond firmly onto the end of the cookie.
- 7 Squeeze the center of the cookie to make look like a knuckle shape and then add a few slashes to make it look like a finger.
- **8** Place the cookies on a baking tray lined with parchment.

- **9** Bake the cookies for 20 to 25 minutes until golden brown. Allow to cool for 5 minutes.
- 10 Remove the almond and place a small ball of red marzipan (half a pea-size ball) onto the cookie and then reattach the almond to make a nail.
- 11 To make the dip, place the raspberry puree in a pan.
 Bring to a simmer, then remove from the heat. Stir in the gelatine and 1 tablespoon icing sugar. Allow to cool before serving.

Tickled Pink!

In honour of Breast Cancer Awareness month, we're showing our support by putting a blush on some of our favourite sweet treats



ROSE VICTORIA SANDWICH

SERVES 12

A decadent teatime treat with a fragrant twist

INGREDIENTS

250g unsalted butter, softened, plus extra for greasing 250g caster sugar 4 large eggs 250g self-raising flour ${\it 1 tsp rose extract, plus a few}$ extra drops 340g rose petal jam 400g strawberries, hulled and sliced 50g granulated sugar A few drops pink food colouring Shop-bought ready-to-roll fondant icing

Sugared edible rose petals, to serve

METHOD

- 1 Heat the oven to 180C. Grease and line 2 x 20cm sandwich tins.
- 2 Place the butter and sugar in a bowl and beat until pale and fluffy.
- Add the eggs, one at a time, beating well between each addition. Add the flour and fold into the mixture to form a smooth batter.
- Divide the batter evenly between the cake tins and bake in the centre of the oven for 20-25 minutes until golden and risen and a skewer pushed into the centre comes out clean. Remove the cakes from the tins and transfer to a

- wire rack to cool.
- Place the granulated sugar in a mortar with a few drops each of pink food colouring and rose extract. Pound gently until evenly coloured, then spread onto a lined baking sheet to dry. Set aside.
- Roll out your fondant icing.
- Gently warm 3-4 tablespoons of the iam in a saucepan.
- Spread one of the cakes with the remainder of the jam, then arrange the sliced strawberries on top.
- Sandwich with the second sponge.
- 10 Use a pastry brush to glaze the top of the sandwiched sponge with the warmed jam.
- 11 Top with the fondant icing and sprinkle with the pink sugar and sugared rose petals.

RASPBERRY AND ALMOND KISSES

SERVES 15 TO 20

As pleasing to the palate as they are to the eye, these bites are a sure-fire crowd pleaser!

INGREDIENTS

40g blanched almonds 200g caster sugar 175g ground almonds 250g plain flour 200g butter, at room temperature 75g white chocolate 4 tbsp freeze-dried raspberries, finely crushed FOR THE FILLING 100g butter, at room temperature 200g icing sugar 75g seedless raspberry jam

- 1 Whizz the blanched almonds and sugar in a food processor until coarsely ground.
- Add the ground almonds and flour and mix to combine. Add the butter and mix until you achieve a soft dough.
- Remove the mixture from the food processor, place in a bowl covered with clingfilm and chill in for an hour.
- Heat oven to 170C. Line two baking trays with parchment.
- Roll the dough into about 30 small balls. Place on the baking trays about 5cm apart. If you need to cook these in batches, keep the uncooked balls in the fridge.
- Cook for 20 to 25 minutes until golden and firm. Cool on baking trays for 5 minutes before transferring to a wire rack to cool completely
- To make the filling, mix the butter and icing sugar until very pale for about 4 minutes, using a hand mixer. Add the jam and whisk again.
- Spread the filling onto the bottoms of half the biscuits. Sandwich them with the remaining biscuits.
- Melt the white chocolate in the microwave. Place in a food bag and snip off a small corner of the bag.
- 10 Drizzle the chocolate over the biscuits, sprinkle with crushed raspberries and allow to cool before serving.





SUMMER PUDDING

SERVES 6

A classic that never goes out of fashion and is surprisingly easy to make

INGREDIENTS

11/4 kg mixed berries strawberries, raspberries, blackberries and redcurrants

200g caster sugar 8 slices day-old bread, from a sliced sandwich loaf Pouring cream, to serve

METHOD

Wash the fruit gently and pat dry using kitchen paper towels. You can combine all the fruit except the strawberries, which must be

- kept separate in a bowl. 2 Place the sugar and about 3 tablespoons of water in a large pan set over a moderate heat. Stir intermittently until the sugar dissolves, and bring to the boil.
- Add all the berries (except the strawberries) to the pan and lower the heat. Cook for about 3 minutes, stirring

- gently a few time, so that all the berries are coated in the syrup, the colour of the berries is released and the fruit has softened.
- 4 Strain the juice from the mixture into a bowl using a fine mesh sieve, reserving the berries in the sieve.
- Line a large pudding basin with 2 or 3 large strips of clingfilm, pulling it slightly longer over the edge so that the wrap hangs generously over the edge. They should cross over one another at the base to hold the pudding and make it easier for you to turn out once it's done.
- 6 Cut the crusts off the bread and reserve for breadcrumbs in another recipe. Cut 4 slices in half, 2 slices into triangles and leave 1 slice whole.
- Dip the whole slice of bread briefly into the berry juice so that it slightly absorbs the juice and is coated on all sides. Place it into the bottom of the pudding basin.
- Now take the rectangular pieces and dip them into the juice the same way. Press them into the sides of the basin to make the walls of the dish, fitting together neatly with no gaps. Trim the pieces if necessary so that they fit.
- Place the softened fruit inside the bread casing using a spoon, scattering the strawberries inside in between spoonfuls so that they are evenly distributed.
- 10 Dip the bread triangles in the juice and place on top of the pudding to seal the berries, trimming any excess. Reserve the juice.
- 11 Bring the clingfilm up from the edges and loosely seal over the top. Place a side plate on top and weigh down with a weight such as a few cans of tinned vegetables.
- **12** Place in the refrigerator and chill for at least 6 hours or, for best results, overnight.
- 13 To serve, open out the clingfilm, placing a serving plate on top of the basin.
- **14** Turn the pudding upside down on top and flip over.
- 15 Drizzle the reserved juice over the top of the pudding and serve with cream.

SOULINE CONTROL SOURCE THE GCC's favourite food magazine.





DOWNLOAD YOUR DIGITAL ISSUE TODAY

Go to the App Store and search for Gourmet Magazine



As Easy as 1, 2, 3!

If you've got the bare basics in your pantry, we've got recipes that take three ingredients or less to take you to food heaven



CHICKEN, MUSHROOM AND POTÁTO GRATIN

A comforting and effortless dish

INGREDIENTS

1 ready-made shop-bought roast chicken, chopped 1 large potato, sliced 2 cans cream of mushroom condensed soup

FROM THE PANTRY Salt and pepper, to taste A little oil for greasing

METHOD

Preheat the oven to 180C and

- lightly grease a baking dish. 2 Remove all the meat from cooked roasted chicken and cut into squares, discarding
- 3 In a pan set over a medium heat, warm the cans of soup.

the skin.

- Add the chicken and bring to the boil, stirring intermittently.
- Pour the soup and chicken mixture into the baking dish and add the sliced potatoes
- 6 Season with salt and pepper.
- Cook in oven for 25 to 30 minutes until the potatoes are cooked and browned. Serve hot





COCONUTICE CREAM

SERVES 16

Eaten alone, with a side of fruit or a decadent brownie, you'll love the taste of this tropical dessert

INGREDIENTS

1 can coconut cream 2 cups whipping cream 1 3/4 cup sugar

METHOD

- 1 Whip the cream into stiff peaks using a stand mixer or food processor for about 3 to 4 minutes at high speed.
- Add the coconut cream and sugar and mix again until fully combined and bubbles raise to the surface.
- Taste and add more sugar if required.
- Transfer to an ice cream maker and churn according to manufacturer's instructions. Alternatively, if you don't have an ice cream maker, pour the mixture into a large freezersafe bowl and freeze for 30 minutes at a time, whisking briefly with an electric hand mixer in between, until the mixture is creamy and frozen through.



ICE CREAM BREAD

This soft bread is yummy toasted for breakfast! Just make sure you use a full-fat ice cream or it won't turn out as well

INGREDIENTS

2 cups full-fat ice cream, softened 1 ½ cups self-raising flour

- Preheat the oven to 180C and grease and flour a 20cm x 10cm loaf pan.
- Mix the flour and ice cream

- together using a wooden spoon, until just combined into a sticky batter. Do not mix into a dough.
- Spoon the batter into the loaf pan and bake for 40 to 45 minutes or until a wooden skewer inserted into the centre of the bread comes out clean. Remove from the pan, and allow to cool.







SERVES 2

Super simple and completely delicious!

INGREDIENTS

227g spaghetti 4 tbsp extra virgin olive oil 3 cloves of garlic, minced

OPTIONAL ADDITIONS Chilli flakes, to taste 3 tbsp fresh parsley, chopped

METHOD

- 1 Bring a pan of salted water to the boil and cook the spaghetti according to the package directions.
- 2 Set aside ½ cup pasta water

- and drain the rest.
- 3 Heat some oil in a large pan set over a medium heat and sauté the garlic for about 2 minutes, until pale golden.
- 4 Add the pasta, reserved pasta cooking water, chilli flakes and parsley (if using).
- Toss for 2 more minutes, until liquid is reduced by half. Serve immediately.



PEANUT BUTTER COOKIES

MAKES 18

Amazingly moreish and ready in minutes!

INGREDIENTS

1 cup sugar 1 cup peanut butter 1 egg

- 1 Preheat the oven to 180C and line a baking sheet with parchment.
- 2 Combine all the ingredients thoroughly and roll into 2 ½ cm
- Press down the top with the back of a fork, to form the criss-cross pattern on top.
- 4 These cookies don't spread while baking so the size achieved with be the final result.
- 5 Bake for 12 minutes and allow to cool on the tray for about 2 minutes before transferring to a wire rack to cool completely. g



My Nine to Dine

My go-to homecooked dish

Laksa! The spicier, the better!

Want to know what a Cosmopolitan Editorin-Chief really eats? **Brooke Sever reveals** her must-have foods!



Weird food habit Garlic

A pretty typical weeknight meal for me is chicken and veggies – with a whole bulb of garlic. I roast it with a drizzle of olive oil for about 25 minutes then use each little morsel of deliciousness in lieu of a sauce with the rest of the meal. My colleagues are yet to complain...



Can't live without...

Chillies, I have a jar of chilli flakes in my desk drawer, and one on my kitchen counter at home. Both are used on an almost daily basis. on salads, soups, avocado on toast... There's not much that can't be improved by chilli, as far as I'm concerned. I tasted chilli gummy bears for the first time the other day and I'm hooked



POPCORN

I haven't got much of a sweet tooth, so I'd choose popcorn over chocolate any day. I pop it with a bit of olive oil, then serve it with lots of salt.



Hummus, I might just have to live in Dubai for the rest of my life because hummus back home just doesn't compare. I could eat it by the spoonful!

Breakfast essential Avočado

If there's anything better than smashed avo on toast with a good sprinkle of salt and pepper for breakfast, I've yet to find it. Sometimes I add a smear of Vegemite, o poached egg, too.



Top ingredient Quinoa

Ideally the mixed kind. I love the slightly nutty texture and it's so much healthier than rice or pasta.



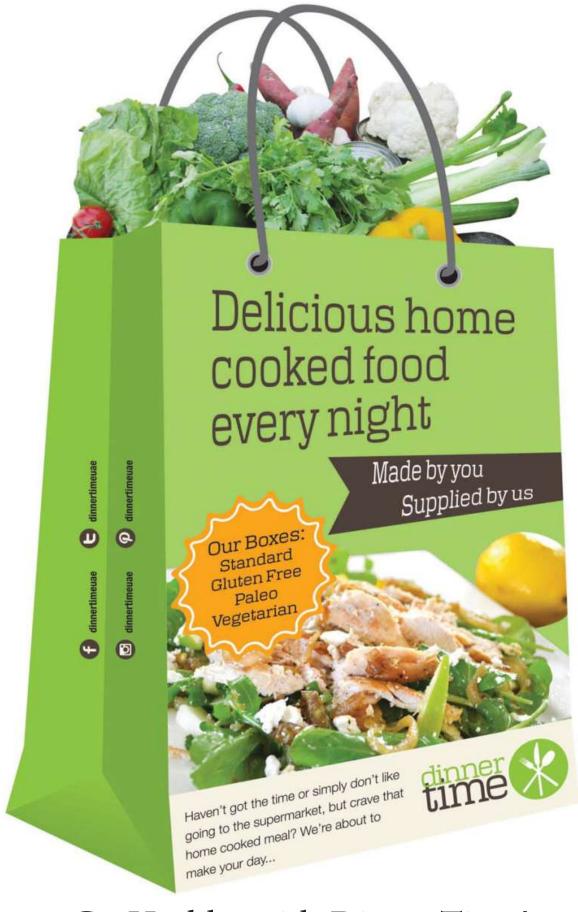
Guilty pleasure

When I haven't been home to Australia in a while, I find myself starting to crave a meat pie. Far from the most glam or healthy food option, but seriously delicious as a once-in-awhile treat.





IF YOU WANT TO BE FEATURED IN 9 OF THE BEST, DROP US A LINE AT JASMINE.BANDALI@ITP.COM



Go Healthy with DinnerTime!



SOFIA VERGARA

The Colombian bombshell is a woman after our own hearts - just take a look at that spread!



REESE WITHERSPOON

Reese entices her little one to eat with a little food art



ADAM LEVINE

The Maroon 5 frontman is in awe of his cake!





SARAH MICHELLE GELLAR

It's rare for the former Buffy actress to post images of her offspring, which is why this cute family pic was the perfect PR stunt for her new range of baking products, Foodstir



What the celebs have been up to with their food this month!



RAVEN-SYMONÉ

The actress and co-host of *The View* keeps it real with a yummy classic before a night out



DEMI LOVATO

During an interview with Energy Startalk recently, the singer apparently misunderstood when asked what her favourite dish is, responding "My favourite dish? I like mugs, because they're very comfortable in your hand and they hold hot things that you don't have to touch. So, you know, coffee or hot tea." Rather than admit the faux pas, she took to both Twitter and Instagram to defend herself saying that she was joking. Hmmm. . .



BLAKE LIVELY

When food artist @mariesaba created this edible portrait of Blake Lively, she loved it so much she asked for one to be made of hubby Ryan too!

LURPAK® RASPBERRY ALMOND STREUSEL CAKE







What you need: For the streusel topping:

- 25g Lurpak® Baking
- 50g plain flour
- · A pinch of salt
- 25g caster sugar
- 50g toasted flaked almonds

For the cake:

- 200g Lurpak® Baking
- 200g caster sugar
- 4 eggs
- · 200g plain flour
- 1 tsp. vanilla extract
- 1 tsp. rose water (optional)
- 1 level tsp. baking powder
- 250g raspberries or blueberries

What you do:

Preheat the oven to 160°C / 180°C Fan Assisted / Gas Mark 4.

Grease a 20cm spring form tin, then line the base with baking paper.

For the streusel topping, melt the Lurpak® Baking in a small pan, then stir in the flour, salt and caster sugar. Mix with a wooden spoon to make a crumbly mixture and gently fold in the flaked almonds.

To make the cake mix, put the Lurpak® Baking into a large bowl and beat with the sugar to make a light, creamy mixture. Next, beat in the eggs one at a time. If the mixture starts to curdle, add a spoonful of flour.

Add the vanilla extract and the optional rose water, then, using a large metal spoon, gently fold in the remaining flour and baking powder. If the batter doesn't easily drop off the spoon, add a little milk.

Spread the mixture in the tin and dot with the raspberries or blueberries. Cover with the streusel mixture and bake in the oven for 45 minutes.

Leave the cake to cool in the tin for 15 minutes then remove and serve.



LURPAK® BAKING

Soft from the fridge for ready-to-go baking

Take on cakes, sweets and pastries with Lurpak® Baking by your side. The ideal blend of butter and vegetable oil gives a softer texture ready to mix straight from the fridge. It easily folds into cake mixtures and gives a light, fluffy golden finish.





gourmet



BE INSPIRED

FIND ALL OF OUR RECIPES AT...

www.ahlanlive.com/gourmet

DELICIOUS INGREDIENTS, EXPERT TIPS & STYLISH ENTERTAINING

HEALTHY FOOD TRENDS YOU NEED TO KNOW ABOU

From metabolism kick-starters to the vegetable hybrids and grains that have been around for centuries that are enjoying a renaissance, here are the top five foods you need to register on your radar for a healthier you!

1 Kalettes

Yes, ladies and gents, this is a brand-new vegetable. Kalettes are, essentially, the totally healthy lovechild of Brussels sprouts and kale. A hybrid created by Tozer Seeds, don't be put off by the Dr Frankenstein-like idea of a 'created' veggie – it isn't a genetically modified product. The small, cabbage-like green cooks faster than Brussels sprouts, is more versatile than either sprouts or kale,

and boasts a savoury and nutty flavour. This tasty mashup works grilled, fried or raw, and in such an enormous variety of dishes that it makes it even easier to get in your five-a-day unfortunately we haven't yet spied them in the UAE yet, but we hope to spot them soon.





2 Bone Broth

The name might be unappetising, but once you've heard about its potential benefits, it's easy to see why bone broth has earned itself such a coveted reputation that it's got people queueing down the block for a cup in New York's trendy meatpacking district. A cornerstone of paleo or Stone Age-inspired diets, this is a clear, meaty elixir that essentially tastes a bit like the stock you put into soups and sauces. It's made from bones simmered for longer than regular broth, often with meats that the high collagen, gelatine and protein content – (not to mention essential vitamins such as C, D and E) and minerals such as calcium, magnesium and potassium – can help to improve bone health, digestion and your immune system, and leave you with healthier hair, skin and nails



An aromatic spicy paste made from chilli and other spices and herbs, harissa originates from North Africa and the Middle East, often used as a condiment or flavouring in soups, stews and couscous, alongside grilled meats or even as a dip to be mopped up enthusiastically with bread and perhaps some olive oil.

"That old stuff is healthy?", its regular consumers might wonder. Described as a metabolism supercharger by health personality Dr Oz, thanks to its high levels of capsaicin and other disease-fighting antioxidants, harissa can be a great way to flavour dishes and provide a health kick. Researchers have claimed that eating spicy foods can help to temporarily boost your metabolism, combat inflammation and even ward off certain types of cancer.

4 Freekeh

Move over, quinoa, there's a new grain in town: another up-and-coming healthy food from the Middle East, freekeh has also been around for centuries and is wheat that's been harvested while it's still young, green and still soft. It's then sun-dried, leaving consumers with a grain that boasts a uniquely firm yet slightly chewy texture and a nutty, earthy and somewhat smoky and roasted flavour that is distinctly moreish - sort of like a lighter version of orzo.

Not only is it low in fat, the whole grain is also high in protein and fibre (with almost twice that of quinoa in each serving), which means it'll help keep you fuller for longer. It's also packed with essential nutrients such as selenium, potassium, magnesium, zinc, calcium and iron, and it's also low on the glycaemic index. In Dubai you can find it in dishes at Tom & Serg, or as an ingredient athealth food stores or occasionally even at regular supermarkets.



5 Spirulina

Blue-green algae (actually a type of bacterium) has become a hot addition to many a health nut's food regime of late, and for good reason, thanks to its high chlorophyll content. A green pigment used by plants during photosynthesis to convert light into energy, chlorophyll is said to help your body heal faster, control and stabilise hunger levels and cravings, promote healthy iron levels and help mop-up free radicals, thanks to the high antioxidant content. It's no wonder, then, that spirulina is often taken by cancer patients going through chemotherapy.

This superfood is rumoured to have been used since the time of the Aztecs in 16th-century Mexico, and spirulina is now popularly used either in tablet or powder form, often added to smoothies and green drinks. According to the website of Nutrex Hawaii, a popular supplier of spirulina, the algae can contain "approximately 60 per cent more digestible protein it contains every essential amino acid [as well as] more carotenoids than any other whole food and [is] an excellent source of vitamins A, K, B12 and iron, manganese and chromium". It also states that it's the "best wholefood source of gamma linoleic acid (GLA) – an essential fatty acid, necessary for human health. It plays a crucial role in brain function as well as normal growth and development, [and is] rich in vitamins, minerals, trace elements, chlorophyll and enzymes". Powdered spirulina contains an extraordinarily high level of protein and iron and as such, it's now very popular with people who

workout regularly. It can be expensive, but one teaspoon goes a long way. Now, we're not going to lie - it does have a rather distinct odour, and we wouldn't recommend ever consuming the powder on its own, but once mixed into your smoothies or green juices (or even soups, sauces and other meals), you can hardly taste it and its 'Eau de Pond' isn't an issue. We like to make it a part of our daily regime.

Every unique piece deserves a NEW LOOK!



Beautiful Bites in Beirut

A gastronomic adventure that entices the senses











MANAKISH

MAKES 30

Our recipe is for the traditional zaatar variety, but the possibilities for topping this flatbread are endless, from minced meat to cheese or labneh and cucumbers - the secret is in the dough

INGREDIENTS

3 cups flour

1 tsp dried yeast, dissolved in 1/4 cup warm water

1 ½ cups water

2 tbsp vegetable oil

½ tsp sugar

FOR THE ZAATAR MIXTURE

2 cups fresh thyme, finely ground

2/3 cup sumac

1/3 cup sesame seeds

1 cup olive oil

1 tsp salt

METHOD

- 1 Combine all the thyme ingredients in a bowl. If it appears too thick, add a little water to loosen it to a slightly fluid mixture. Set aside.
- 2 Make the dough by placing the flour, sugar and dissolved yeast in a bowl.
- 3 Add the vegetable oil and mix again. Once combined, knead the dough adding water little by little as you go, to achieve a soft dough.
- 4 Wrap the dough in clingfilm and allow to rest in a warm place for at least 1 hour.
- 5 Preheat the oven to 180C. Lightly grease 2 baking trays with olive oil
- 6 After the dough has risen, knead again with floured hands.

- Divide the dough into four for easier handling and then roll to a thickness of about 1/2 cm using a rolling pin.
- Cut the dough into 10cm diameter circles using a circular pastry cutter.
- Top each circle with 1 tablespoon of the thyme mixture.
- 10 Place the manakish on the baking trays and bake for about 20 minutes or until the bottom of the dough turns lightly
- 11 Serve warm or at room temperature.





Top 10 Foods To Try



CHERRY KEBAB

An authentic recipe from Aleppo in Syria, this unusual combination of spiced meatballs in a sour and tart cherry sauce is found in Armenian restaurants, providing a perfect balance with elevated flavour profiles. Try it at Qotorba in Baabdat, which located in the lush greenery of the mountains makes this dish all the more special to try for the first time.

CHEESE ROLLS

How could you ever go wrong with a combination of ooey-gooey melting cheese in a crisp filo pastry roll? Sold everywhere, you can be sure to get your fix no matter where you are, for the perfect portable snack that are ideal for when you're on the go.

MA'AJOUKA

Another dish from Qortoba worth mentioning is this Aleppine speciality. It's a dish of minced lamb with peppers and mushrooms wrapped in bread and smothered with chilli paste before being garnished with parsley, onions, sumac and cheese creating a pleasantly sharp and savoury taste to a regular kebab.



SHISH TAOUK

Chargrilled chicken breast with lashings of garlicky aioli, French fries and salad with traditional Lebanese bread is anyone's idea of the perfect meal, but at Massaad in Gemmayze the ingredients are rolled up tightly, crisped up over a flame and then smeared with zaatar and olive oil. It's the best!

KAAK B'KNEFE

If you need to satiate that sweet tooth, we suggest heading to Sea Sweet or Douaihy Sweets in Sin El Fil, where you can get your hands on this dessert made from butter, pastry, cheese and sugar syrup which is then stuffed into *kaak*, a Lebanese type of bread for a sandwich of epic proportions!





MANAKISH

Known as mon'oushe, these flatbreads are a firm favourite! If you want to taste the best, head to either Barbar in Sanayeh where people queue, and it's well worth the wait or at Fern Ghattas in Gemmayze where fresh dough is thinly rolled to perfection.



FATTOUSH

Known as Lebanese peasant salad, leaves are typically combined with tomatoes, cucumbers and radishes, sprinkled with sumac, a drizzling of pomegranate molasses and a squeeze of lemon, with crispy fried shards of bread.

FALAFEL

If you're a fan of falafel, you have to head to Falafel Freiha, an old family run restaurant, located in Achrafieh, where their recipe has been revered since 1945. People still refer to it as Beirut's best kept secret but it isn't really, because everyone goes there!





This tangy salad made up of parsley, mint, tomatoes, bulgur, onion, lemon juice and olive oil is such a beloved dish that the Lebanese even have 'National Tabbouleh Day' which is celebrated on the first Saturday in July.



where not only will you sample the very best you have ever had, but it's so cheap you can literally consume it, morning, noon and night!





WHERE TO STAY

The Lebanese are a glamorous bunch, so if you're looking for a taste of their flawless style, and ultimate luxury, we suggest heading to Le Gray, where the epitome of customer service is completely at your disposal. Located in the centre of town, this is the ideal spot for shopping as it's located close to the souks and the vibrant district of Gemmayze. In addition, this is where you'll find some of the best restaurants inhouse. Head to Indigo on the Roof, where a fine dining selection of Mediterranean and international dishes are served with finesse, teamed with stunning views of the city. Post dinner, make your way to Cherry on the Rooftop to let your hair down and party Lebanese style, which draws on inspiration from the Med to culminate into the poolside ultralounge that is a destination in its own right. INFO: Martyrs Square, Beirut Central District, +961 (0)1 971 111, www. campbellgrayhotels.com/cgh/our-hotels/legray-beirut

HOW TO BOOK

If you're looking for an effortless tailor-made vacation, Lightfoot Travel is a luxury tour operator with offices in Singapore, Hong Kong and Dubai, spanning seven continents for the best experience created especially for you. From adventures for the adrenaline junkie to laid-back culinary journeys, all you need to do is call them or make an enquiry online. Following a consultation, you will be offered a first-class experience of your destination. INFO: 04 455 8788 www.lightfoottravel.com





ShortList
The UAE's freshest voice in entertainment #ShortListUAE

MAGAZINE -OUT EVERY TUESDAY



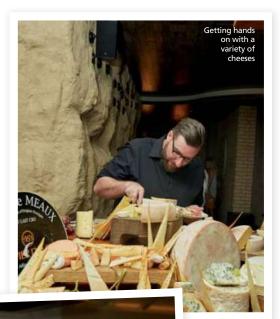
The Gourmet Hershey's Halloween

PINK BAKE OFF

Set to task with the challenge of creating a pink Halloween themed item using Hershey's ingredients, eight cooks rolled up their sleeves to raise awareness for breast cancer while incorporating a spooky twist. Held at the Miele Gallery, participants completed the 90 minute bake off amid cut fingers, cakes that were too hot to ice, missing utensils and a whole lot of stress as they battled it out for the grand prize of a weekend away for two courtesy of Vida Hotels and Resorts. Judged for their efforts at Hershey's Chocolate World Dubai in The Dubai Mall, the decision was a hard one, with each dish deliciously different!









Meat the Cheese

Refined Dubai haunt Cave at the Conrad Dubai launched its new Meat the Cheese evening, where every Tuesday, fromage and grape connoisseurs are able to sample a weekly rotating menu of the finest cold cuts and cheeses for an all-inclusive price of just Dhs245 from 7pm to 11pm. Gourmet were the first to check it out, and what a beautiful evening it was!



















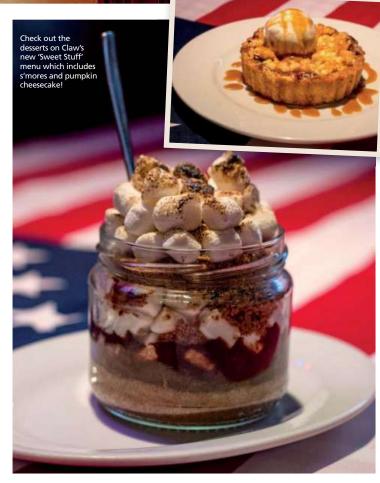
Enjoy a night with the girls when your cowboy is outta town - Claw style!

If you have ever been to Claw in Souk Al Bahar, you'll know that even from its cartoon crab mascot, nothing is taken seriously here. An incarnation of America's favourite style eatery featuring Southern hospitality at its best, the mood is fun and the vibe is energetic, without dictating what sort of night you should have. If you're more the reserved sort, you might want to hire out the eatery's private venue 'The Barn' – you just need to say the word and it can be arranged. But for the rest of us extroverts, get ready for their latest offer which will definitely start the weekend off early!

Gourmet have teamed up with the famed crabshack to offer one of our readers the opportunity to experience the venue for themselves in all its glory with five girlfriends, for an all-out party! The new 'My Cowboy's Outta Town' ladies' night, is setting Wednesday nights on fire, where girls can enjoy a night of flowing cocktails and the ultimate soundtrack, with resident DJ Johnny smashing out the tunes throughout the night. Expect an inspired line-up, from nostalgic Madonna to Cindy Lauper – after all, girls just wanna have fun!

Enjoy unlimited frozen daiguiris and bites from Claw's amazing menu of fresh seafood buckets and grilled deliciousness, and additionally, you have to check out their brand new 'Sweet Stuff' menu, which includes s'mores, the original insane sundae overload and pumpkin cheesecake. Could it be any more perfect?

But the list of shenanigans goes on, with bar connoisseurs pulling out all the stops to entertain the crowd with a series of interactive bar games, so ladies, bring your A-game! And if you wear your favourite cowgirl attire, you'll also receive free shots throughout the evening, so make sure you get wardrobe raiding now! To win, all you have to do is log on to www.ahlanlive.com/ competitions/details/8355 and answer three easy questions!





























Hand built in the UK since the 1950's, the Classic Toaster has earned its place as a kitchen essential. Featuring fully replaceable or repairable parts, timeless styling and the unique, patented Proheat element.

Dualit®

Shop online at www.tavolashop.com **f**









